

Vegetable-Mango Beef Stir-Fry

Perfect for a summer's day, Top Sirloin Steak, mango, sugar snap peas, and rice provide a delicious meal.



INGREDIENTS

- 1 pound beef Top Sirloin Steak Boneless, cut 1 inch thick
- 3 teaspoons olive oil, divided
- 2 cups jicama strips (cut 1-1/2 x 1/4-inch)
- 1 package (8 ounces) sugar snap peas
- 1 red bell pepper, cut into thin strips
- 1 cup fresh mango chunks
- 1/3 cup reduced-sodium soy sauce
- 3 cloves garlic, minced
- 3 cups hot cooked instant rice

35 Min 4 42 Cal 36g
 Servings Protein

COOKING

1. Cut beef steak lengthwise in half, then crosswise into 1/4-inch strips.
2. Heat 1 teaspoon oil in large nonstick skillet over medium-high heat until hot. Add half of beef; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove from skillet. Repeat with 1 teaspoon oil and remaining beef. Remove from skillet; keep warm.
3. Heat remaining 1 teaspoon oil in same skillet over medium-high heat. Add jicama; stir-fry 1 minute. Add sugar snap peas and bell pepper; stir-fry 2 minutes or until vegetables are crisp-tender.
4. Return beef to skillet. Carefully stir in mango, soy sauce and garlic. Cook 2 minutes or until heated through. Serve over rice.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		9g	70mg		88g	36g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com