

# Pepper Steak

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SERVINGS: 2

## TIP

Delicious served over cauliflower rice.

## NUTRITION INFO

Calories — 411    Fat — 15 g    Protein — 50 g  
Carbs — 12 g    Fiber — 4 g    Net Carbs — 8 g

Nutrition has been calculated using the MyFitnessPal recipe calculator.

## INGREDIENTS

- 1 lb. sirloin steak, sliced in ¼" strips
- 1 ½ C. beef broth, low sodium (divided)
- 2 T. soy sauce
- ¼ tsp. granulated Stevia®
- ½ tsp. black pepper
- 1 T. olive oil
- ½ C. chopped green onion
- 1 tsp. minced garlic
- 1 C. sliced assorted bell peppers (green, yellow and red)
- ½ C. sliced celery
- 1 C. canned diced tomatoes, drained

## DIRECTIONS

1. In a small mixing bowl, mix together 1 C. beef broth, soy sauce, Stevia® and black pepper. Set aside.
2. Heat oil in a large frying pan over medium/medium high heat.
3. Add steak strips, green onion and garlic; cook till browned but not cooked through.
4. Add broth mixture to pan; simmer uncovered over low heat 20 minutes, stirring occasionally.
5. Add ½ C. beef broth, peppers, celery and tomatoes. Cover and simmer 10 minutes. Serve hot.