

Pepper Steak Stir Fry

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/peruvian-skirt-steak-recipe>

Ingredients:

- 1 1/2 inches beef steak thick
- 2 bell peppers
- 2 yellow onions large, thinly sliced
- 1/2 hot pepper
- 3 tablespoons extra virgin olive oil
- 1 tablespoon butter
- 5 cloves garlic
- 1/2 pound mushroom thinly sliced
- 1 tablespoon flour
- 3 tablespoons red wine
- 1 bouillon cube
- salt or soy sauce
- 1 pinch red pepper flakes to taste

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 10 milligrams
4. Fat: 13 grams
5. Fiber: 3 grams
6. Protein: 3 grams
7. SaturatedFat: 3 grams
8. Sodium: 220 milligrams
9. Sugar: 5 grams

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