

# Layered Beef Salad on the Go

Yield: 1 min  
Total Time: 18 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-warm-beef-salad-recipe>

## Ingredients:

- 3 ounces beef cooked lean, such as Top Sirloin Steak, Strip Steak, Tenderloin Steak or Flank Steak, cut into slices
- 3 cups mixed salad greens or chopped romaine lettuce
- 1/2 cup assorted vegetables such as shredded carrots, sliced cucumber, grape tomatoes, sliced radish, sugar snap peas
- 1/4 cup small pasta cooked, rinsed drained chickpeas or Great Northern beans
- 1/4 cup nonfat yogurt Greek or plain
- 1 teaspoon honey
- 1/4 teaspoon chipotle pepper sauce
- 1/8 teaspoon ground cumin
- 2 teaspoons orange juice
- 1/8 teaspoon salt

## Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 60 milligrams
4. Fat: 13 grams
5. Fiber: 3 grams
6. Protein: 25 grams
7. SaturatedFat: 5 grams
8. Sodium: 470 milligrams
9. Sugar: 15 grams
10. TransFat: 1 grams

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