

One Skillet Steak and Peppers

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-green-pepper-steak-recipe>

Ingredients:

- 3 tablespoons olive oil
- 1 tablespoon ginger root fresh grated, or ginger root paste
- 3 tablespoons hoisin sauce
- 1 1/4 pounds steak trimmed, and cut into bite size strips, such as petite shoulder, sirloin or T-bone
- 1 green pepper julienne cut
- 1 red pepper julienne cut
- 1 sweet onion medium, cut in thin wedges
- 2 cloves garlic minced
- 1/4 cup cider vinegar
- 3 tablespoons honey
- 1 tablespoon Dijon mustard
- 2 tablespoons Worcestershire sauce

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 31 grams
3. Fat: 11 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 290 milligrams
8. Sugar: 23 grams

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