

Steak & Peppers Brown Rice & Quinoa

Yield: 4 min
Total Time: 43 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-one-skillet-meal-recipe-chicken>

Ingredients:

- 3 tablespoons olive oil divided
- 2 bell peppers 1 each red and green, thinly sliced
- 1 onion thinly sliced
- 2 cups water
- 1 pound sirloin steak thinly sliced, season with salt & pepper, if you like
- 1 package skillet meal Knorr One, Starters Steak & Peppers Brown Rice & Quinoa

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 50 milligrams
4. Fat: 15 grams
5. Fiber: 2 grams
6. Protein: 26 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 70 milligrams
9. Sugar: 2 grams

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