

Marinated Beef

Tender and tasty for fajitas!

4 servings

Ingredients:

12 ounces beef round steak
1 clove garlic, minced,
or 1/4 teaspoon garlic powder
2 tablespoons lemon juice
4 tablespoons vegetable oil, divided
1/2 teaspoon salt
1/2 teaspoon pepper

Chef's Choice
Marinated Beef
Flour Tortilla
Sautéed Onions
and Green Peppers
Salsa
Low Fat Milk

Directions:

1. Using a cutting board and sharp knife, cut round steak across the grain into thin strips, about 1/2 inch wide and 2 to 3 inches long. **2.** In a medium glass mixing bowl, combine garlic, lemon juice, 2 tablespoons vegetable oil, salt and pepper. **3.** Add beef strips and stir to coat with the marinade sauce. Cover bowl with plastic wrap and refrigerate about 2 hours. **4.** In a medium skillet over medium-high heat, heat 2 tablespoons oil 1 to 2 minutes or until hot. **5.** Drain marinade. Put beef in skillet, stir and cook 5 to 7 minutes or until meat is thoroughly browned.

Nutrition Facts: One serving provides 270 calories, 22g total fat, 50mg cholesterol, 330mg sodium, 1g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

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