

Stir-Fried Beef and Potatoes

Vinegar and garlic give this easy-to-fix dish its tasty zip.

Recipe details

Servings: 6

Serving size: 1¼ cup

Ingredients

- 1½ pounds sirloin steak
- 2 teaspoons vegetable oil
- 1 clove garlic, minced
- 1 teaspoon vinegar
- ⅛ teaspoon salt
- ⅛ teaspoon pepper
- 2 large onions, sliced
- 1 large tomato, sliced
- 3 cups boiled potatoes, diced

Instructions

1. Trim fat from steak and cut meat into small, thin pieces.
2. In a large skillet, heat oil and sauté garlic until golden.
3. Add steak, vinegar, salt and pepper. Cook for 6 minutes, stirring beef until brown.
4. Add onion and tomato. Cook until onion is transparent. Serve with boiled potatoes.

Each serving provides

Calories: 274

Total fat: 5 grams

Saturated fat: 1 gram

Cholesterol: 56 milligrams

Sodium: 96 milligrams

Total fiber: 3 grams

Protein: 24 grams

Carbohydrates: 33 grams

Potassium: 878 milligrams

Source

National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services

