



# Spicy Steak and Vegetables Over Rice



Makes 4 servings

## Ingredients

- ¼ cup canola oil
- ⅓ cup water
- 2 tablespoons fresh lime juice
- 3 cloves garlic, minced
- ½ teaspoon freshly ground black pepper
- ½ teaspoon hot sauce
- ¼ cup chopped fresh cilantro

- 1 pound beef sirloin steak
- 1 large green bell pepper, sliced
- 1 large red bell pepper, sliced
- 1 large yellow bell pepper, sliced
- ½ large sweet onion, sliced
- 20 cherry tomatoes
- 2 cups cooked brown rice

## Directions

- In a small bowl, combine first 7 ingredients to make marinade. Place steak in a large zip-close bag and add marinade. Seal the bag, getting as much air out as possible. Massage the bag until marinade is well-combined with the meat. Place in refrigerator for at least 2 hours.

- Preheat grill to high heat. Brush the grill grate with canola oil.
- Remove steak from refrigerator and allow to sit out at room temperature (in the zip-close bag) for 20 minutes before grilling. Remove steak from bag and place on hot grill. Cook 4 to 5 minutes, flip and cook for another 4 to 5 minutes. Remove from grill and set aside.

(directions continued on back)



MAIN DISH



## Directions (continued)

- Place peppers and onion in a grill pan on the hot grill. Cook for 2 to 3 minutes, stir and add tomatoes. Cook for another 2 to 3 minutes. Remove from grill.
- Slice steak into strips. Serve steak and vegetables over rice. Add more hot sauce, if desired.\*

\*Option not included in nutrition facts.

= low sodium

= gluten free

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## Nutrition Facts

Serving Size 1/2 cup rice, 1/2 cup vegetables and 4 ounces steaks (450g)

Servings Per Container 4

Amount Per Serving

Calories 430 Calories from Fat 140

% Daily Value\*

Total Fat 15g 23%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 100mg 33%

Sodium 190mg 8%

Total Carbohydrate 36g 12%

Dietary Fiber 5g 20%

Sugars 8g

Protein 30g

Vitamin A 40% - Vitamin C 270%

Calcium 4% - Iron 30%

\*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000 2,500

Total Fat Less than 60g 80g

Saturated Fat Less than 20g 20g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 370g

Dietary Fiber 25g 30g

Calories per gram Fat 9 + Carbohydrate 4 + Protein 4

Carb choices per serving: 2