

Marinated Beef

Makes: 4 servings

Ingredients

- 12 ounces** beef round steak
- 1** garlic clove
- 2 tablespoons** lemon juice
- 4 tablespoons** vegetable oil
- 1/2 teaspoon** salt
- 1/2 teaspoon** black pepper

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 of vegetable oil, salt and pepper.
3. Add beef strips and stir to coat with the oil mixture (marinade sauce). Cover bowl with plastic wrap and refrigerate for about 2 hours.
4. In a medium skillet over medium-high heat, heat 2 Tablespoons of the oil for 1-2 minutes until hot.
5. Drain marinade from beef. Put beef in skillet, stir and cook for 5 to 7 minutes or until meat is thoroughly browned.

Kansas Family Nutrition Program, Kids a Cookin'

Nutrition Information

Key Nutrients	Amount	% Daily Value*
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Total Calories	252	
Total Fat	19 g	29%
Protein	19 g	
Carbohydrates	1 g	0%
Dietary Fiber	0 g	0%
Saturated Fat	3 g	15%
Sodium	318 mg	13%

MyPlate Food Groups

Protein Foods	1 1/2 ounces
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