

A HEALTHY AND TASTY RECIPE. This low carb beef and peppers recipe is an excellent choice for a delicious diabetic meal.

STIR FRY BEEF and PEPPERS

“**T**his country isn't a melting pot, so much as it is a mixed and tasty stir fry.”

SERVES: 4 ● **PREP TIME 15 MINUTES** ● **TOTAL TIME: 45 MINUTES**

-) 1 tablespoon oil
-) 1 pound top sirloin steak, sliced very thin against the grain
-) 2 cloves garlic, minced
-) 1 teaspoon fresh ginger, grated
-) 1 small onion, sliced thin, 2 1/2 ounces
-) 1 small yellow bell pepper, julienned, about 3 1/2 ounces
-) 1 small red bell pepper, julienned, about 3 1/2 ounces
-) 1 tablespoon soy sauce
-) 1 tablespoon oyster sauce
-) 1/4 teaspoon Cape Crystal xanthan gum
-) 4 ounces raw baby spinach, about 8 cups loosely packed

STEP 1: In a wok or large skillet, heat the oil.

STEP 2: Stir-fry the beef, garlic and ginger over high heat just until the steak is partially browned and some pink remains, maybe 30 seconds to a minute.

STEP 3: Add the onions and peppers; stir-fry until tender-crisp about 1 minute or so.

STEP 4: Stir in the soy sauce and oyster sauce.

STEP 5: Sprinkle the xanthan gum over the meat and vegetables then stir in well. Cook very briefly just until the sauce thickens and coats everything.

STEP 6: Serve over the raw spinach. It will look like a lot of spinach per serving but it wilts down as the hot beef mixture sits on it. There was just the right amount to get a bite of spinach with each forkful of the beef and peppers.



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This is an excellent low carb dinner choice which makes a delicious diabetic diet.