



## Mexican Stir-Fried Beef on Lettuce

Serves 4

1 Tbsp	Canola oil
1 tsp	Ground cumin
½ tsp	Ground oregano
1	Garlic clove, minced
1 medium	Red bell pepper, cut into thin strips
1 medium	Onion, cut into thin strips
1 medium	Jalapeno pepper, cut into thin strips
1 lb	Beef sirloin tip roast, outer fat removed
3 cups	Romaine lettuce, shredded
1 medium	Avocado



Combine the oil, cumin, oregano and minced garlic in a small bowl. Then place half of it into a large, nonstick skillet over medium high heat. Add the red bell peppers, onions and jalapeno and stir fry 2-3 minutes or until tender-crisp. Remove from pan onto a plate. Meanwhile, prepare beef by cutting into 3 x 1/8 inch strips. Add the remaining oil-spice-garlic mixture to the same skillet and heat to medium high. Add beef strips and stir fry 1-2 minutes. Return cooked vegetables to pan and heat through. Serve on a bed of lettuce and garnish with avocado.

### **Recipe Nutrition per serving**

329 calories; 33 gm protein; 10 gm carbohydrate; 18 gm total fat; 4 gm saturated fat; 0 trans fat; 98 mg cholesterol; 3 gm fiber; 46 mg sodium