

## LICKETY-SPLIT SWEET-SOUR BEEF

*Total preparation & cooking time: 30 minutes*



- 1 cup uncooked quinoa
- 1 can (20 ounces) pineapple chunks in juice
- 1 cup salsa
- 2 tablespoons soy sauce
- 2 tablespoons cornstarch
- 1 boneless beef top round steak, cut 1 inch thick (about 1 pound)
- 2 tablespoons vegetable oil, divided
- 2 red or green bell peppers, cut into strips
- 1/4 cup lightly toasted sliced almonds

1. Prepare quinoa according to package directions. Set aside; keep warm.
2. Meanwhile, drain pineapple chunks; reserve juice. Combine juice, salsa and soy sauce in small bowl. Add cornstarch, mixing until smooth; set aside.
3. Cut beef steak lengthwise in half, then crosswise into 1/4-inch thick strips.
4. Heat 2 teaspoons oil in large nonstick skillet or wok over medium-high heat until hot. Add half of beef; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove from skillet. Repeat with 2 teaspoons oil and remaining beef. Remove beef; keep warm.
5. Heat remaining 2 teaspoons oil in same skillet over medium heat until hot. Add peppers and pineapple; cook and stir 1 to 2 minutes or until peppers are crisp-tender. Add beef to skillet. Stir salsa mixture; add to skillet. Cook and stir 2 to 3 minutes, until sauce is thickened. Serve over quinoa; top with almonds.

*Makes 6 servings*

**Nutrition information per serving:** 366 calories; 12 g fat (2 g saturated fat; 6 g monounsaturated fat); 48 mg cholesterol; 585 mg sodium; 42 g carbohydrate; 4.8 g fiber; 25 g protein; 4.6 mg niacin; 0.6 mg vitamin B<sub>6</sub>; 1.0 mcg vitamin B<sub>12</sub>; 3.7 mg iron; 24.0 mcg selenium; 4.5 mg zinc; 103.4 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, iron, selenium and zinc; and a good source of fiber, vitamin B<sub>12</sub> and choline.



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