

Beef CAN be a healthy source of protein...

Lean beef cuts have lower calories than some plant-sources.

Protein (25g) - Not always equal

- Quinoa 3 cups (666 calories)
- Peanut butter 6 Tbsps. (564 calories)
- Black beans 1 ¾ cups (382 calories)
- Edamame 1 ½ cups (284 calories)
- Lean beef 3 oz. (154 calories)

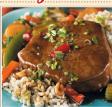


Beef is also a good/excellent source of 10 essential nutrients

- Protein builds muscle
- Niacin supports metabolism
- Vitamins B6 & B12 protects brain function Phosphorus bone and teeth strength
- Iron helps use oxygen
- Zinc builds immunity

- (i.e. body cannot make them).
- Choline nervous system protection
- Selenium antioxidant protection
- Riboflavin converts food to energy

Kung Pao Beef



Ingredients:

- 4 beef Eye of Round Steaks, cut 3/4 -1-inch thick (about 4 ozs. each)
- 1/2 cup Kung Pao stir-fry sauce
- 1/2 cup water
- 1/4 teaspoon crushed red pepper
- 3 cups chopped vegetables
- (broccoli, peppers, carrots, mushrooms, etc.)
- 1/2 cup unsalted roasted peanuts

Directions:

- Combine Kung Pao sauce, water and red pepper in small bowl. Place beef steaks and sauce mixture in large nonstick skillet; bring to a boil. Reduce heat; cover tightly and simmer 45-60 minutes or until beef is fork-tender.
- Remove beef; keep warm. Add vegetables to skillet; bring to a boil. Reduce heat to medium; cook, covered, 7-9 minutes or until just tender, stirring once. Stir in peanuts.
- Serve steaks with vegetable mixture over rice, if desired.

Recipe adapted from BeefItsWhatsForDinner.com

