



Beef, Pepper and Mushroom Stir-fry

Recipe courtesy Chef Bryan Woolley

Cooking spray

1 tsp olive oil, divided

1 six-ounce beef tenderloin, trimmed of all visible fat and cut into ½-inch thick slices

½ cup sliced shallots

½ cup each, thinly-sliced green, yellow and red bell pepper

3 cloves garlic, minced

2 cups fresh shiitake or other mushroom of your choice

¼ cup dry white wine

½ cup fat-free, unsalted beef broth

1 Tbsp chopped fresh basil

¼ tsp salt

¼ tsp cracked black pepper

1 ½ cups hot brown rice, cooked without salt or fat

1. Coat large non-stick skillet with cooking spray; add ½ tsp oil and place on medium-high heat until hot.
2. Add beef, stir-fry for 2 minutes. Remove and set aside. Wipe skillet with paper towel.
3. Heat remaining oil in skillet. Add shallots, peppers and garlic, cooking for 1 minute.
4. Add mushrooms. Cook for 2 minutes.
5. Add broth, reduce heat and simmer for 3 minutes.
6. Add beef and cook for 1 minute.
7. Remove from heat, stir in basil, salt and pepper. Serve over rice.
8. Makes 2 servings.

Nutrition Facts

Serving size: ½ rice and ½ mixture

Calories: 430

Total Fat: 12g

Saturated Fat: 3.5g

Cholesterol: 55mg

Sodium: 390mg*

Carbohydrate: 51g

Dietary Fiber: 5g

Protein: 27g

Diabetic Exchanges

Protein 4

Fat 2.5

Carbohydrate 3.5

* used unsalted beef broth