

Teriyaki Beef and Pepper Stir Fry

<http://www.jamiecooksitup.net>

Prep Time: 10 Minutes

Cook Time: 20 Minutes

Total Time: 30 Minutes

Yield: 6 Servings

Ingredients

Teriyaki Sauce:

- 1/3 c + 1 Tb soy sauce
- 3/4 c cold water
- 1/3 c brown sugar
- 1 tsp ground ginger
- 1/2 tsp granulated garlic (or garlic powder)
- 1 1/2 Tb honey
- 1 tsp sesame oil
- 2 Tb cornstarch

Stir Fry:

- 2 Tb olive oil
- 1 red bell pepper, sliced into thin strips
- 1 green bell pepper, sliced into thin strips
- 3/4 c shredded carrots
- 1 Tb garlic, minced
- 1 medium onion, sliced
- 1 c snap peas
- 2-3 Tb water
- 1 1/4 pounds flank steak
- 1-2 tsp toasted sesame seeds
- Salt and pepper
- Foil
- water

Instructions

1. Place all the Teriyaki sauce ingredients into a deep skillet and whisk them together. Over medium high heat bring the mixture to a simmer and whisk it continually for 2-3 minutes, or until it's nice and dark and thick. Set aside.
2. Heat a deep skillet up over medium high heat. Add the olive oil and allow it to heat through. Add all of the veggies and sprinkle with salt and pepper. Cook, stirring occasionally, until they are crisp tender. You may need to add a tablespoon of water every couple of minutes to create a little bit of steam. Remove the veggies from the skillet onto a plate and cover with aluminum foil.
3. Into the same skillet, over medium high heat, place half of the beef strips and sprinkle with salt and pepper. Cook on each side for 1-2 minutes, or until they are no longer pink. Transfer them to the veggie plate and cover with foil. Cook the remaining half of the beef strips.
4. Add the veggies and beef back into the skillet and pour the Teriyaki sauce over the top. Stir to combine and sprinkle with toasted sesame seeds. When everything has heated through, remove from the heat and serve immediately.

Nutrition Facts

6 servings per container

Serving size 1 dish (260g)

Amount per serving

Calories **320**

% Daily Value*

Total Fat 14g **18%**

Saturated Fat 4.5g **22%**

*Trans*Fat 0g

Cholesterol 40mg **13%**

Sodium 1070mg **47%**

Total Carbohydrate 24g **9%**

Dietary Fiber 2g **7%**

Total Sugars 20g

Includes 15g Added Sugars **30%**

Protein 23g

Vitamin D 0.2mcg 0%

Calcium 39mg 4%

Iron 3mg 15%

Potassium 639mg 15%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

One-Pot Cheesy Taco Pasta

<http://www.motherthyme.com/2016/07/one-pot-cheesy-taco-pasta.html>

Prep Time: 10 Minutes

Cook Time: 25 Minutes

Total Time: 35 Minutes

Yield: 4 Servings

Ingredients

- 1 pound ground beef
- ½ tsp salt
- Pinch of black pepper
- 1 ounce packet taco seasoning or 3 ½ Tb homemade taco seasoning
- 2 c water
- 1 c jarred mild salsa
- 8 ounces uncooked rotini pasta
- 1 ½ c shredded Mexican-style cheese
- Optional Toppings: chopped tomatoes, avocado, crushed tortilla chips, chopped cilantro

Instructions

1. Preheat a large deep skillet over medium heat.
2. Add ground beef and season with salt and pepper.
3. Cook, stirring occasionally until cooked thoroughly.
4. Drain grease.
5. Stir taco seasoning into ground beef then stir in water, salsa and pasta noodles.
6. Bring mixture to a boil.
7. Stir, cover and reduce heat to a simmer.
8. Cook for about 15 minutes until pasta is tender.
9. Turn off heat and stir in cheese.
10. Season with additional salt and pepper if needed.
11. Serve with optional toppings if desired.

*** A store bought jar salsa such as Pace, Ortega or similar brand (even generic) is recommended.

Nutrition Facts	
4 servings per container	
Serving size	1 dish (371g)
Amount per serving	
Calories	730
% Daily Value*	
Total Fat 41g	53%
Saturated Fat 20g	99%
Trans Fat 0g	
Cholesterol 135mg	45%
Sodium 1350mg	59%
Total Carbohydrate 49g	18%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 38g	
Vitamin D 0.3mcg	0%
Calcium 341mg	25%
Iron 5mg	25%
Potassium 545mg	10%
<small>* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.</small>	

Creamy Tuscan Chicken

<http://cafedelites.com/creamy-tuscan-chicken/>

Prep Time: 10 Minutes

Cook Time: 25 Minutes

Total Time: 35 Minutes

Yield: 4 Servings

Ingredients

- 1 ½ pounds large boneless/skinless chicken breast
 halved horizontally to make 4 fillets (2 large breasts)
- 1 tsp salt
- ¾ tsp pepper
- 1 ½ tsp paprika
- 1 ½ tsp onion powder
- 3 Tb reserved sun dried tomato oil or olive oil, divided

Sauce:

- 2 Tb minced garlic
- 5 ounces (150 g jarred sun dried tomato strips in oil drained (reserve 3 Tb of oil for cooking)
- 1 tsp Dijon mustard
- 1 ½ c heavy or thickened cream (or evaporated milk for lower calorie/fat)
- 3 c spinach
- ½ c fresh grated Parmesan cheese
- 2 Tb fresh chopped parsley to serve

Instructions

1. Season chicken with salt, pepper, paprika and onion powder.
2. Heat 2 tablespoons of the reserved sun dried tomato oil in a large skillet over medium-high heat. Sear the chicken for 6-8 minutes each side, or until golden and cooked through (work in batches if your pan isn't large enough). Transfer to a warm plate; set aside.
3. Add the remaining oil into the pan and fry the garlic until fragrant (about 30 seconds – 1 minute), then add in the sun dried tomatoes. Fry for 1-2 minutes to release their flavors. Mix the Dijon through all of the flavors.
4. Reduce heat to low-medium heat, add the cream (or evaporated milk) and bring to a gentle simmer, while stirring occasionally. Season with salt and pepper to your taste.
5. Add in the spinach leaves and allow to wilt in the sauce, add in the parmesan cheese. Allow sauce to simmer for a further minute until cheese melts through the sauce.

Nutrition Facts	
4 servings per container	
Serving size	1 Dish (351g)
Amount per serving	760
% Daily Value*	
Total Fat 52g	67%
Saturated Fat 25g	125%
TransFat 0g	
Cholesterol 255mg	85%
Sodium 990mg	43%
Total Carbohydrate 27g	10%
Dietary Fiber 6g	21%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 50g	
Vitamin D 0.7mcg	4%
Calcium 259mg	20%
Iron 5mg	30%
Potassium 2118mg	45%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.