

Avocado Beef Stir Fry

2 SERVINGS 20 MINUTES



INGREDIENTS

8 ozs Top Sirloin Steak (thinly sliced)
1 Avocado (peeled and cubed)
1/2 Yellow Onion (small, sliced)
2 Garlic (cloves, minced)
1 tbsp Ginger (peeled and grated)
1 1/2 tbsps Red Wine Vinegar
2 tbsps Sesame Oil

NUTRITION

AMOUNT PER SERVING

Calories	542	Iron	3mg
Fat	44g	Vitamin D	0IU
Carbs	13g	Folate	94µg
Fiber	8g	Magnesium	54mg
Protein	25g	Zinc	5mg
Vitamin C	11mg		

DIRECTIONS

- 01 Add sesame oil to a large frying pan over medium heat. Saute garlic, ginger and onion for 2 to 3 minutes. Add sliced steak and stir until cooked, about 5 minutes.
- 02 Add vinegar and salt and stir until well coated. Toss in avocado just before serving. Enjoy!

NOTES

RECIPE ID 321

MORE GREENS

Stir in baby spinach until wilted.