



Pineapple Beef Stir Fry with Peppers

Prep Time 20 mins
Total Time 30 mins
Meal Type Lunch,Dinner
Contributed By



Source Living Plate Teaching Kitchen



Servings 4

Ingredients

lb,c g,ml

- 1 1/2 lb beef tenderloin, *sliced into strips*
- 1 20-ounce can pineapple chunks, in natural juice
- 1 Tbs ginger root, fresh, *grated*
- 1 Tbs soy sauce (coconut aminos)
- 1/4 cups cilantro, fresh, *chopped*
- 1/2 onion, sweet, *slivered*
- 2 cloves garlic, *minced or pressed*
- 2 bell peppers (any color)
- 6 scallions, *chopped*
- 1 Tbs avocado oil

Directions

Prep

1. Slice tenderloin into strips.
2. Drain pineapple, reserving juice.
3. Grate ginger.
4. Prepare vegetables according to directions.

Make

1. Whisk together 1/4 cup of reserved pineapple juice with ginger, soy sauce, and 1/2 of the cilantro. Let marinate for at least 15 minutes. Drain meat from marinade.
2. Add oil to a wok or large sauté pan. Over medium heat sauté meat strips until almost cooked through, about 10 minutes of stir-frying. You may need to do this in batches depending on the size of your pan. Remove from pan.
3. Add onion, garlic, and peppers, and stir fry until vegetables are al dente [just softened], approximately 5 minutes. Return meat to pan and stir to coat.
4. Stir in 1 cup of pineapple chunks, scallions, and reserved cilantro.
5. Serve over brown rice or cauliflower rice.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	396	Total Fat 13.3g	20%	Total Carbohydrates 32g	10%
		Saturated Fat 3.3g	16%	Dietary Fiber 3g	11%
		<i>Trans</i> Fat 0.4g		Total Sugars 22g	
		Cholesterol 105mg	35%	Protein 40g	
		Sodium 102mg	4%		
Vitamin D 0mcg 1% · Calcium 73mg 7% · Iron 5mg 30% · Potassium 985mg 20%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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