



# Beef Satay with Peanut Sauce and Roasted Vegetables over Rice

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## Info:

Makes 6 Servings      390 Calories per Serving

**LOW CAL** **SPICY**

## Ingredients:



- ❖ 1 ½ lb Beef Flank Steak
- ❖ 1/3 Cup Teriyaki Sauce
- ❖ ¼ Cup Water
- ❖ 1 tsp Hot Pepper Sauce
- ❖ 1 tsp Ground Ginger
- ❖ ½ tsp Garlic Powder
- ❖ ½ tsp Salt
- ❖ 3 Small Yellow Onions, cut into wedges
- ❖ 3 Red Bell Peppers, cut into 2" chunks
- ❖ 3 Cups Cooked Rice

## Peanut Sauce:

- ❖ ½ Cup Reduced Fat Peanut Butter
- ❖ 4 Tbsp Teriyaki Sauce
- ❖ 1 Tbsp Water
- ❖ ½ - 1 tsp Hot Pepper Sauce

## Preparation:



1. With Kitchen Shears or very sharp knife cut steak into 1" chunks
2. In a large Ziploc bag combine teriyaki sauce, water, hot pepper sauce, ground ginger, garlic powder and salt then add the beef
3. Try to press out most of the air and lay the beef flat
4. Refrigerate at least 6 hours (preferably overnight), turning halfway through
5. Preheat broiler, large frying pan to medium and cook rice
6. On a small baking sheet lay out onion wedges and red pepper chunks and broil for 15 minutes
7. Cook meat about 4 minutes each side, it may take two batches
8. Meanwhile in a small saucepan combine all the sauce ingredients and heat on medium, stirring until very smooth, about 5 minutes
9. Serve beef vegetables and sauce hot with rice