



LOEFFEL MEAT SHOPPE

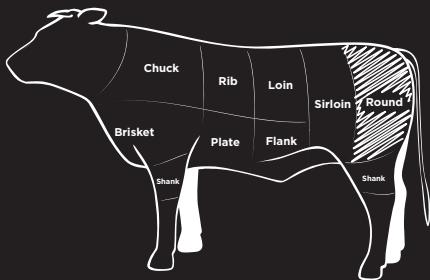
PEPPER STEAK SANDWICH

**FEATURING
TOP ROUND STEAK**



Top Round Steak is an affordable, leaner cut of beef derived from the rump area of a beef animal. Try using this cut with marinades and in fast/high-heat or low-heat/slow cooking recipes. Be sure to slice meat thinly, against the grain of muscle fibers for the best eating experience.

Meat Cut Information



For more information about this recipe, including nutrition and meat cut information, alternative cooking methods, or to view it on the web, scan the QR code with the camera app on your smartphone.

Pepper Steak Sandwich

(6 servings)

Pepper Steak

- 1 lb. beef Top Round Steak, trimmed and cut into 1/8-inch thick strips
- 1/3 c. low-fat Italian dressing
- 1 Tbsp. oil
- 1 large bell pepper, sliced into 1/8-inch slices
- 1/2 medium onion, cut into 1/8-inch slices

Other ingredients

- 6 Hoagie buns or French rolls
- 6 slices of low-fat cheese
- Salt and pepper to taste (optional)

1. Wash hands with soap and water.
2. Rinse produce under cool running water.
3. In a medium bowl, combine sliced beef and Italian dressing. Wash hands after handling uncooked meat.
4. Cover and marinate in the refrigerator for 30 minutes to 2 hours.
5. Remove beef from marinade; discard marinade.
6. In a large nonstick skillet, heat oil over medium-high heat. Add beef in small batches and stir fry for 1-2 minutes or until the meat is browned and reaches an internal temperature of 145°F on a food thermometer. Set aside and keep warm.
7. Return the skillet to medium heat. Add peppers and onion. Stir-fry for 5-6 minutes or until vegetables are crisp-tender.
8. Return beef and juices to skillet. Cook and stir for 1-2 minutes or until heated through. Season with salt and pepper, if desired.
9. Toast the buns, and top with cooked steak and vegetables. Top with a slice of cheese.
10. Store leftovers in a sealed container in the refrigerator for up to four days.



Nutrition Information per Serving (1 sandwich):

Calories 380, Total Fat 12g, Saturated Fat 4.5g, Cholesterol 50mg, Sodium 540mg, Total Carbohydrates 41g, Fiber 2g, Total Sugars 3g, includes 1g Added Sugars, Protein 29g, Vitamin D 0%, Calcium 15%, Iron 20%, Potassium 4%.

EXTENSION

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