



Cooking *in the* Kitchen at Olums

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*Delicious Recipes
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Steak and Veggie Bowls

Serves 4-6

Ingredients

- 3 cups cooked quinoa (To prepare quinoa: 1 cup quinoa, 2 cups water or vegetable stock)
- Non-stick cooking spray
- 1 pound boneless beef top sirloin steak, cut into bite-size pieces
- ½ teaspoon Montreal steak seasoning
- 1 cup chopped yellow onion
- 1 cup chopped red bell pepper
- 1 package (9 oz) frozen asparagus cuts
- ¼ cup lite soy sauce

Directions:

1. Prepare a large skillet with cooking spray; heat over medium-high heat.
2. Add the onion, bell pepper, and asparagus to the skillet and cook for 3 to 4 minutes until the vegetables are tender. Then add the beef and sprinkle with the Montreal steak seasoning and cook for 2 to 3 minutes more.
3. Sprinkle beef with steak seasoning; add to skillet and cook 2 to 3 minutes, to desired doneness.
4. Add soy sauce to the cooked quinoa and stir to combine.
5. Serve in a bowl with the quinoa topped with the beef and vegetable mixture.