

LOW CALORIE BEEF AND CHICKEN STROGANOF



By Food lovers recipes

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Cook 1 cup of basmati rice in 2 cups of water until soft. Add salt to taste.

Cut one medium red onion into thin rings.

Cut half a green pepper into thin strips.

Cook both green peppers and onion in 1 cm of water until soft. Add one clove of minced garlic.

Cut 500 g of tenderized steak and 2 chicken breasts into 2 cm strips. Brown in 1 tablespoon of olive oil. Add salt and paprika before turning. Add 4 tablespoons of teriyaki sauce and cook until reduced. Add back the vegetables with a swig of milk and 3 tablespoons of low fat yogurt and cook for 5 minutes.

Serve on a bed of fluffy rice.

Recipe and photo: Stephanie Kohrs Ferreira