

BBQ Stir-Fry

Prepare to meet your new favorite meal... This stress-free stir-fry is beyond-words delicious!

Prep: 5 minutes

Cook: 15 minutes

Ingredients:

One 12-oz. bag (4 cups) broccoli coleslaw
4 oz. raw extra-lean ground beef (4% fat or less)
1/4 cup BBQ sauce with 45 calories or less per
2tbsp. serving

Seasonings: garlic powder, onion powder



Directions:

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add broccoli slaw and 1/2 cup water. Cover and cook for 8 minutes, or until fully softened. Uncover and, if needed, cook and stir until water has evaporated, 1 - 2 minutes. Transfer to a medium bowl, and cover to keep warm.

Remove skillet from heat, re-spray, and return to medium-high heat. Add beef, and sprinkle with 1/8 teaspoon of each seasoning. Cook and crumble until fully cooked, 2 - 3 minutes.

Return slaw to the skillet, and add BBQ sauce. Cook and stir until hot and well mixed, about 2 minutes. If you like, add more seasonings to taste.

MAKES 1 SERVING

Nutrition Information: (Per Serving)

Entire recipe:

335 Calories

5 g Fat

42 g Carbohydrate

32 g Protein

Recipe From:

<http://www.hungry-girl.com/weekly-recipes/show/three-ingredient-recipes-bacon-avocado-eggs-bbq-stir-fry-mango-smoothie>