

## Keto\_Bell\_Steak\_Stir\_Fry

### ***Ingredients:***

- 1 pound steak, sliced
- 1 pound asparagus, trimmed and sliced
- 1 red bell pepper, sliced
- 1 yellow onion, thinly sliced
- 1/8 cup butter
- 1 tablespoon soy sauce
- 1 tablespoon coconut oil
- 2 cloves garlic, minced
- Black pepper
- Salt

### ***Directions:***

1. Season the beef with some salt and pepper.
2. Melt the coconut oil in a large skillet, then brown the beef and garlic for 6 mins.
3. Melt the butter in another pan and sauté the onion for 5 mins, then stir in the asparagus with the bell pepper and cook them for 6 to 10 mins or until they become tender.
4. Add the asparagus mix into the beef pan with soy sauce, then cook them for another 5 mins.

Calories: 707 | Total Fat 30.1 g | Protein: 88.9 g | Total Carbs: 20.1 g | Servings: 2