

## Beef & Mango Curry Toss



Serves 4

Prep time: 30 minutes

- 1 ½ tsp olive oil
- 2 yellow onions, chopped
- ¾ pound sirloin beef, sliced
- 3 cloves garlic, chopped
- fresh mango, sliced
- 2 tsp curry powder
- ½ tsp sea salt
- 2 oz roasted unsalted peanuts (optional)

1. Heat ½ tsp oil on medium, add onions and cook until translucent, about 5 minutes.
2. Add beef and garlic to the oil and onions. Cook, stirring often until beef is cooked through, about 5 minutes.
3. Remove from heat and drain any fat.
4. Return to heat and add mango, curry and salt. Toss well and decrease heat to med-low. Heat until heated through, about 5 minutes.
5. Add peanuts if desired.

Per serving: 340 cal., 9g fat (2g sat. fat), 60mg chol., 292mg sodium, 40g carb., 6g fiber, 24g protein

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