



BODYBUILDING.com™

Shortcut To Shred Recipe: Beef Stir Fry For Brawn

Ingredients:

8 oz. lean ground beef
1/4 medium onion, sliced
1/4 medium green bell pepper, sliced
1/4 medium red bell pepper, sliced
1 tbsp crushed chili pepper
1 tsp roasted sesame seeds
1 tbsp balsamic vinegar

Directions:

1. Brown ground beef in skillet.
2. As beef is browning, add sliced onion and peppers
3. Add chili pepper, sesame seeds and vinegar and continue stirring as it cooks. Once beef is browned and vegetables are to desired doneness place ingredients on a plate and eat.