

Honey garlic Steak and Veggies

Ingredients:

- 2) 8oz. Flat Iron Steaks
- 1 clove garlic, pressed or finely chopped
- 1 cup chopped fresh mushrooms
- 1 cup sliced green peppers
- 1 cup sliced raw onions
- 2 tbsp soy sauce
- 5 tbsp BBQ sauce
- 1 tbsp Honey
- 2 cups Brown Rice



Directions:

Start by cooking the brown rice as directed on the package. While rice is cooking heat oil in frying pan on medium-high heat, toss in peppers, mushrooms, onions, and garlic. Sautee for 10 minutes, flipping once at 5 minute. When the veggies are almost cooked but still crunchy add the soy sauce, honey, and remaining BBQ sauce to the veggies, and mix in pan. Turn down to medium-low heat. When the steak has grilled for about 16 minutes, remove to a plate and cover with tinfoil for five minutes, Serve vegetables on top of steak on plate alongside rice.

Yields: 4 servings

Covering the steak with foil for 5 minutes allows the juice to settle into the meat and creates a tender cut.