



## Pork and Pepper Stir Fry

**Active Time:** 5 minutes | **Total Time:** 15 minutes | **Serves:** 2

### Nutrition Information Per Serving

312.9 calories, 13.34 g carbohydrate, 2.02 g fiber, 11.32 g NET carbs, 25.07 g protein, 17.86 g fat

#### Ingredients

- 2 clove(s) garlic, sliced
- 2 medium(s) green onions, sliced
- 1 whole, large organic yellow bell pepper, sliced
- 1/2 medium(s) organic red bell pepper, sliced
- 1/4 cup(s) fresh squeezed orange juice
- 8 ounce(s) organic pork tenderloin, cut into thin strips
- 6 tsp(s) sesame oil
- 2 tsp(s) fresh grated ginger

#### Preparation

1. Heat the oil in a wok or skillet to medium high heat.
2. Add the pork and cook until well browned.
3. Remove from pan and add the green onions, garlic, and ginger.
4. Cook for 1 minute, stirring the whole time.
5. Add the peppers and cook until crisp tender.
6. Add the pork and orange juice, and continue cooking until juice is almost evaporated.

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