



## Asian Beef and Vegetable Stir-Fry

### Ingredients:

- 1¼ pound boneless beef top sirloin, cut 1 inch thick
- 4 cups assorted fresh vegetables, such as sugar snap peas, broccoli florets, bell pepper strips, and shredded carrots
- 1 clove garlic, minced
- ½ cup prepared stir-fry sauce, preferably sesame ginger flavor
- ¼ teaspoon crushed red pepper (or to taste)
- 3 cups hot cooked rice
- 2 Tablespoons unsalted dry-roasted peanuts (optional)

### Instructions:

- 1) Cut beef steak lengthwise in half, then crosswise into ¼ inch thick strips.
- 2) Combine vegetables and 3 Tablespoons water in large nonstick skillet. Cover and cook over medium-high heat for 4 minutes or until crisp-tender. Remove and drain.
- 3) Heat same pan over medium-high heat until hot. Add ½ of beef and ½ of garlic; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove. Repeat with remaining beef and garlic.
- 4) Return all beef and vegetables to pan. Add stir-fry sauce and red pepper; heat through. Spoon over rice and serve. Sprinkle with peanuts, if desired.

Yield: 4 servings

### Ideas/Substitutions

- Substitute brown rice for white rice, as desired.
- Use any stir-fry sauce you enjoy.
- Try stir-frying the vegetables and beef in low-sodium soy sauce instead of a stir-fry sauce.
- Pre-packaged bags of frozen stir-fry vegetables can be used.
- Involve the kids! Let them choose the vegetables and lend a hand in washing/peeling them (or chopping if age appropriate).

### Nutrition Analysis

Serving Size: ¼ of recipe

Calories: 404

Total Fat: 7.0 g

Saturated Fat: 2.0 g

Monounsat. Fat: 3.0 g

Total Carb: 45 g

Dietary Fiber: 3.6 g

Sodium: 321 mg

Protein: 38 g

Iron: 4.2 mg

### Recipe Source

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[www.BeefItsWhatsForDinner.com](http://www.BeefItsWhatsForDinner.com)