

## Sizzling Asian Stir-Fry

Top Sirloin Steak strips take a dip in a flavorful marinade before being stir fried with plenty of vegetables! Serve with brown rice and roasted peanuts for crunch!

## INGREDIENTS

1 pound beef Top Sirloin Steak Boneless  
3 tablespoons water  
4 cups fresh stir-fry vegetable blend (about 10 to 12 ounces)  
1/2 cup red bell pepper strips  
1 tablespoon vegetable oil  
1-1/2 teaspoons crushed red pepper  
2 cups hot cooked brown rice  
Coarsely chopped dry-roasted peanuts (optional)  
2 tablespoons soy sauce  
1 tablespoon minced garlic  
1 tablespoon minced fresh ginger  
1 tablespoon dry sherry  
1 teaspoon sugar  
1 teaspoon cornstarch



30 Min



4  
Servings



42 Cal



31g  
Protein

## COOKING

1. Cut beef Top Sirloin Steak lengthwise in half, then crosswise into 1/8-inch thick strips. Combine marinade ingredients in medium bowl. Add beef; toss to coat. Set aside.
2. Combine water, vegetable blend and bell pepper in large nonstick skillet or wok; cover and cook over medium-high heat 4 to 5 minutes or until crisp-tender. Remove and drain vegetables; keep warm.
3. Heat 2 teaspoons oil in same pan over medium-high heat until hot. Add crushed red pepper; stir-fry 30 seconds. Add 1/2 of beef; stir-fry 1 to 3 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Remove from pan. Repeat with remaining 1 teaspoon oil and beef.
4. Return beef and vegetables to pan. Cook and stir about 1 minute or until heated through. Serve over rice, as desired. Garnish with peanuts, if desired.

Recipe adapted from and photo as seen in The Healthy Beef Cookbook, published by Houghton Mifflin Harcourt

# NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		9g	71mg		28g	31g	1	0

\*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com