

## 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



<b>30 Min</b>	<b>4</b>	<b>42 Cal</b>	<b>31g</b>
	<b>Servings</b>		<b>Protein</b>

### 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