

Asian Beef Stir-Fry

This recipe is sure to become a family favorite in your house. Top Sirloin Steak strips are stir fried with fresh vegetables and served with rice.

INGREDIENTS

- 1 beef Top Sirloin Steak Boneless (about 1 pound), cut 1 inch thick
- 4 cups assorted fresh vegetables, such as sugar snap peas, broccoli florets, bell pepper and carrot strips
- 1 teaspoon minced garlic
- 1/2 cup prepared stir-fry sauce
- 1/8 to 1/4 teaspoon crushed red pepper
- 2 cups hot cooked rice
- 2 tablespoons unsalted dry-roasted peanuts (optional)



30 Min 4 42 Cal 32g
 Servings Protein

COOKING

1. Cut beef Steak lengthwise in half, then crosswise into 1/4-inch thick strips.
2. Combine vegetables and 3 tablespoons water in large nonstick skillet. Cover and cook over medium-high heat 4 minutes or until crisp-tender. Remove and drain.
3. Heat same pan over medium-high heat until hot. Add half of beef and half of garlic; stir-fry 1 to 2 minutes or until internal temperature of 145°F as measured by a meat thermometer. Remove. Repeat with remaining beef and garlic.
4. Return all beef and vegetables to pan. Add stir-fry sauce and crushed red pepper; heat through. Serve over rice. Sprinkle with peanuts, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		11g	70mg		43g	32g	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