

Beef Stir-Fry With Green

Beans

Crunchy green beans are stir-fried with strips of sesame-marinated beef steak for an easy stir-fry dish.

INGREDIENTS

1 pound beef Top Sirloin Steak Boneless, cut 3/4 inch thick

1/2 cup prepared Asian-sesame dressing

2 teaspoons minced garlic

2-1/2 cups green beans or asparagus pieces (2-inch length)

Salt

1 tablespoon toasted sesame seeds - To toast sesame seeds, cook them in an ungreased skillet over medium heat about 5 minutes or until golden brown, stirring frequently. Watch carefully to prevent burning.

Hot cooked rice (optional)



30 Min

4
Servings

42 Cal

28g
Protein

COOKING

1. Cut beef Steak lengthwise in half, then crosswise into 1/8 to 1/4-inch thick strips. Combine 1/4 cup dressing and garlic in medium bowl. Add beef; toss to coat. Cover and marinate in refrigerator 30 minutes to 2 hours.

2. Heat large nonstick skillet over medium-high heat until hot. Add green beans and remaining 1/4 cup dressing; stir-fry 5 to 7 minutes or until crisp-tender. Remove from skillet; season with salt, as desired. Set aside.

3. Remove steak from marinade; discard marinade. Add 1/2 of beef to same skillet; stir-fry 1 to 2 minutes or until cooked until the internal temperature reaches 145 degrees F° for medium rare as measured by a meat thermometer. Remove from skillet. Repeat with remaining beef.

4. Return green beans and beef to skillet; cook and stir 1 to 2 minutes or until heated through. Garnish with sesame seeds. Serve with rice, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		7g	61mg		12g	28g	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.

