STIR FRY WITH BEEF

Prep Time: 5 minutes  
Cooking Time: 20 minutes  
Makes 4 servings

**Ingredients**

500 g (1 lb.) lean beef (look for a small steak that is not too fatty, like sirloin tip or top sirloin)  
For the sauce:  
125 mL (1/2 cup) water  
30 mL (2 T.) soy sauce  
5 mL (1 tsp.) ground ginger  
5 mL (1 tsp.) garlic powder  
2 mL (1/2 tsp.) black pepper  
15 mL (1 T.) cornstarch  
15 mL (1 T.) honey

For the stir-fry:  
15 mL (1 T.) canola or olive oil  
500 g (1 lb.) frozen vegetables (Japanese or California mix)

**Directions**

Trim any excess fat off beef and discard. Cut lean beef into strips and set aside.

Then, in a small bowl, combine water, soy sauce, ground ginger, garlic powder, black pepper, cornstarch and honey. Set aside until ready to use.

Now, heat a wok or large skillet over medium-high heat. Add oil and swirl to coat skillet.

Add beef, and cook 3 to 4 minutes, stirring constantly, until browned on all sides. Remove from pan and place on a clean plate.

Add frozen vegetables to the skillet. Cook, stirring frequently, for about 8 minutes or until hot and fork-tender.

Add cooked beef strips back into the skillet, and pour in the sauce. Continue cooking, stirring constantly, until the sauce is thickened and bubbling, about 3 minutes.

Serve with cooked rice, quinoa, or rice noodles.

Don’t be intimidated by the number of ingredients – this recipe is really easy and using frozen vegetables means you don’t have to spend a lot of time chopping. Many of the ingredients for the sauce can be bought in small quantities at the bulk food store, if you don’t want to spend a lot of money.

Source: adapted from Dietitians of Canada Simply Great Food, Robert Rose, Inc. publisher (2007).  
www.dietitians.ca/eatwell

 ✓ Budget-Friendly  
 ✓ Quick & Easy  
 ✓ Freezable  
 ✓ Iron-rich  

Photo credit: Kimberly Green