

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.



Photo credit: Kimberly Green

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
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