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 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 buckwheat (kasha).

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.


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