

Asian Beef & Vegetable Stir-Fry

INGREDIENTS

1 beef Top Sirloin Steak, cut 1-inch thick (about 1 lb.)

4 cups **assorted fresh vegetables**, such as sugar snap peas, broccoli florets, bell pepper and carrot strips

1 clove garlic

$\frac{1}{2}$ cup **prepared stir-fry sauce**

$\frac{1}{8}$ - $\frac{1}{4}$ Tbsp. **crushed red pepper**

2 cups **brown/colored cooked rice**

2 Tbsp. **unsalted dry-roasted peanuts** (optional)



PREPARATION

① Trim any external fat, then cut beef steak in half lengthwise, then crosswise into $\frac{1}{4}$ -inch thick strips. ② Combine vegetables and 3 Tbsp. water in large non-stick skillet. Cover and cook over MEDIUM-HIGH heat 4 minutes or until crisp and tender. Remove and drain. ③ Heat the same pan over MEDIUM-HIGH heat until hot. Add half of the beef strips and half of the garlic; stir fry 1 to 2 minutes or until the outside surface of the beef is no longer pink. Remove from the pan. Repeat with the remaining beef and garlic. ④ Return all beef and vegetables to the pan. Add stir-fry sauce and crushed red pepper; heat through. ⑤ Serve over rice and sprinkle with peanuts or cashews if desired. *Serves 4.*

Nutrition information per serving: 411 Calories; 99 Calories from fat; 11 g Total Fat (2 g Saturated Fat; 2 g Monounsaturated Fat); 70 mg Cholesterol; 783 mg Sodium; 43 g Total Carbohydrate; 3.2 g Dietary Fiber; 32 g Protein; 4.2 mg Iron; 13.4 mg Niacin; 0.8 mg Vitamin B6; 1.5 mcg Vitamin B12; 5.5 mg Zinc; 38.1 mcg Selenium; 104 mg Choline.

This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B6, Vitamin B12, Zinc, Selenium, and Choline. It is a good source of Dietary Fiber.

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