

# Asian Beef & Vegetable Stir-Fry



 **30**  
MINUTES

 **MAKES 4**  
SERVINGS

 **7**  
INGREDIENTS

**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.**

## KEY MESSAGES

Stir-frying is one of the quickest ways to get a healthy, delicious meal on the table.

The great thing about this recipe is you can use any veggies your kids like or you can provide exposure to a food by putting a new veggie on their plate.

Nutrients are aplenty in this recipe. Fresh veggies, whole grains and high quality protein make this a meal you can feel good about serving to your family.

## Demo Check List

### GROCERY LIST

- 1 beef Top Sirloin Steak, cut 1-inch thick** (about 1lb.)
- 4 cups assorted fresh vegetables, such as sugar snap peas, broccoli florets, bell pepper and carrot strips**
- 1 clove garlic**
- ½ cup prepared stir-fry sauce**
- ⅛ - ¼ Tbsp. crushed red pepper**
- 2 cups brown/colored cooked rice**
- 2 Tbsp. unsalted dry-roasted peanuts** (optional)

### EQUIPMENT LIST

Use the provided equipment lists with each recipe as a planning tool.

- 2 large cutting boards**
- 1 chef knife**
- 1 large non-stick skillet with lid**
- 1 colander with plate**
- 1 large plastic or wooden spoon**
- 1 small rubber spatula**
- 2 white dinner plates**
- 1 tiny clear glass bowl**
- 2 small clear glass bowls**
- 1 large clear glass bowl**
- 1 white hero plate**
- Measuring cups**
- Measuring spoons**

## 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**, minced

½ cup prepared **stir-fry sauce**  
(optional: low-sodium sauce)

¼ - ¼ Tbsp. **crushed  
red pepper**

2 cups brown/colored  
**cooked rice**

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

### Introduction

We are all busy, and stir-frying can make dinner time less stressful.

Pairing lean beef with delicious veggies and whole grains provides a well-balanced meal that your family will love.

Eating nutrient-rich foods satisfies your body, helping you feel full longer while providing many vitamins and minerals.

### DEMONSTRATION

- 1 **Trim any external fat, then cut beef steak in half lengthwise, then crosswise into ¼-inch thick strips.**
  - Today I am using a beef Top Sirloin Steak, cut about an inch thick. You could also substitute Top Round, Bottom Round or Strip Steak for the Sirloin.
  - I love using beef as the protein source in stir-fry because in just a 3 oz. serving of cooked lean beef, you're getting 10 essential nutrients for, on average, only 150 calories.
  - You'll be happy to experience how well beef pairs with colorful fruits and vegetables, as well as whole grains - making it easy to enjoy a balanced diet.
  - If your grocery store does not sell pre-cut strips for stir-fry you can have the butcher cut beef into strips for you. Or, slightly freeze the steaks you purchase for approximately 10 minutes to easily slice into uniform pieces.
- 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.**

## ASIAN BEEF & VEGETABLE STIR-FRY

- I am going to heat my skillet over MEDIUM-HIGH heat with 3 Tbsp. water, add the vegetables and cover. These are going to cook for about 4 minutes (review vegetables you have chosen for your demo highlighting the nutrient benefits of each while the veggies cook).
- Frozen stir-fry vegetables are a convenient alternative to fresh vegetables. Look for different vegetables in the freezer section to create variety with this meal.

- 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.**
  - Now I will add ½ lb. of the beef and half of the minced garlic clove to avoid overcrowding in the skillet. I am going to stir-fry these for 1-2 minutes, or until the outside of the beef is no longer pink. Then, I'll remove this portion and repeat with the remaining ½ lb. beef and garlic.
  - We cooked the beef in smaller batches to ensure it was all exposed to the heat for consistent cooking. If you have a wok or very large skillet you may be able to cook all the beef and garlic at once.
- 4 **Return all beef and vegetables to the pan. Add stir-fry sauce and crushed red pepper; heat through. Serve over rice.**
  - The cooking liquid may be thickened with cornstarch dissolved in water, if desired. If you're looking to reduce the sodium in your recipe, choose a low-sodium sauce.
- 5 **Serve over rice and sprinkle with peanuts or cashews if desired.**
  - This recipe would be great with Udon, glass, lo mein or vermicelli noodles as a substitution for rice. Or try it with spiraled squash or zucchini to add some more color and veggies to your plate.

### Closing

Eating nutrient-rich food, like colorful fruits and vegetables, whole grains and lean beef, helps you get more of the nutrients your body needs, but can't make on its own.

Beef has high quality protein, iron, zinc and B-vitamins: nutrients we all need to stay healthy and strong.

This stir-fry recipe is full of color, quick and easy and can be adapted to your family's preferences.

For more quick & easy recipes visit [BeefLovingTexans.com/recipes](http://BeefLovingTexans.com/recipes)