

Try this quick and easy stir-fry recipe. Beef steaks with vegetables in your favorite store-brand stir-fry sauce.

[illegible]

30 Min



8  
Servings



42 Cal



30g  
Protein

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]



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broccoli, carrots and sugar snap peas)

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[illegible]

[illegible]

[illegible]

[illegible]



1 package (16 ounces) frozen Asian vegetable blend (such as broccoli, carrots and sugar snap peas)

1/4 cup water



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[illegible]

[illegible]

[illegible]

3 cloves garlic, minced

[illegible]



[illegible]

2 teaspoons sesame seeds (optional)

[illegible]

[illegible]

[illegible]

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## COOKING

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# NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
8		10g	42mg		22g	30g	1	0

\*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com