

Asian Beef Stir-Fry

This recipe is sure to become a family favorite in your house. Top Sirloin Steak strips are stir fried with fresh vegetables and served with rice.

INGREDIENTS

1beef Top Sirloin Steak Boneless (about 1 pound), cut 1 inch thick

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

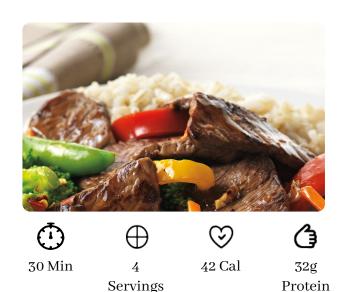
1 teaspoon minced garlic

1/2 cup prepared stir-fry sauce

1/8 to 1/4 teaspoon crushed red pepper

2 cups hot cooked rice

2 tablespoons unsalted dry-roasted peanuts (optional)



COOKING

- 1. Cut beef Steak lengthwise in half, then crosswise into 1/4-inch thick strips.
- 2. Combine vegetables and 3 tablespoons water in large nonstick skillet. Cover and cook over medium-high heat 4 minutes or until crisp-tender. Remove and drain.
- 3. Heat same pan over medium-high heat until hot. Add half of beef and half of garlic; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove. Repeat with remaining beef and garlic.
- 4. Return all beef and vegetables to pan. Add stir-fry sauce and crushed red pepper; heat through. Serve over rice. Sprinkle with peanuts, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN	ALL NATURAL
4		11g	70mg		43g	32g	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