

BEEF STIR-FRY

Makes 6 servings

Serving Size: 2/3 cup over
1 cup rice

Ingredients

- 1 pound lean beef cut into thin strips (may use other meats such as pork or chicken)
- 2 tablespoons vegetable oil
- 1 small onion, chopped
- 1 green pepper, cut into strips
- 2 cups fresh cut vegetables (such as carrots, broccoli, cauliflower)
- 6 cups cooked rice, still hot



Directions

1. Heat oil in a large frying pan over medium high heat.
2. When oil is hot, add the meat, cook until there is no pink in the meat and the meat is thoroughly brown.
3. Add fresh vegetables and continue to stir until vegetables are tender.
4. Stir sauce mixture (see recipe below). Pour into skillet with stir fry. Cook until sauce bubbles.
5. Spoon stir-fry mixture over cooked rice.




Stir Fry Sauce

Ingredients

- 2 tablespoons cornstarch
- 1 1/2 cups cool water
- dash black pepper
- 2 tablespoons low sodium soy sauce

Directions: Combine cornstarch and cool water. Stir in remaining ingredients. The cornstarch will settle to the bottom so stir again before adding sauce to stir-fry.

Nutrition information Per Serving, Beef Stir Fry, rice, and sauce

420 calories	Total Carbohydrate	62 g		Excellent Source of Vitamin A
Total Fat 9 g	Dietary Fiber	2 g		Excellent Source of Vitamin C
Saturated Fat 2 g	Sodium	230 mg		Excellent Source of Iron
Protein 22 g				



Eat Smart

