

# STIR FRY WITH BEEF

Prep Time: 5 minutes

Cooking Time: 20 minutes

Makes 4 servings

## Ingredients

500 g (1 lb.) lean beef (look for a small steak that is not too fatty, like 'sirloin tip' or 'top sirloin')

### For the sauce:

125 mL (1/2 cup) water

30 mL (2 T.) soy sauce

5 mL (1 tsp.) ground ginger

5 mL (1 tsp.) garlic powder

2 mL (1/2 tsp.) black pepper

15 mL (1 T.) cornstarch

15 mL (1 T.) honey

### For the stir-fry:

15 mL (1 T.) canola or olive oil

500 g (1 lb.) frozen vegetables (Japanese or California mix)

## Directions

Trim any excess fat off beef and discard. Cut lean beef into strips and set aside.

Then, in a small bowl, combine water, soy sauce, ground ginger, garlic powder, black pepper, cornstarch and honey. Set aside until ready to use.

Now, heat a large skillet over medium-high heat. Add oil and swirl to coat skillet.

Add beef, and cook 3 to 4 minutes, stirring constantly, until browned on all sides. Remove from pan and place on a clean plate.

Add frozen vegetables to the skillet. Cook, stirring frequently, for about 8 minutes or until hot and fork-tender.

Add cooked beef strips back into the skillet, and pour in the sauce. Continue cooking, stirring constantly, until the sauce is thickened and bubbling, about 3 minutes.

Serve with cooked rice, quinoa, or buckwheat (kasha).



Don't be intimidated by the number of ingredients – this recipe is really easy and using frozen vegetables means you don't have to spend a lot of time chopping.

Source: adapted from Dietitians of Canada Simply Great Food, published by Robert Rose, Inc. (2007) [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell)



UTM Health & Counselling Centre [www.utm.utoronto.ca/health](http://www.utm.utoronto.ca/health)  
Phone: 905-828-5255

- ✓ Budget-Friendly
- ✓ Quick & Easy
- ✓ Freezable
- ✓ Iron-rich