Asian Beef Stir-Fry

30 MIN	4 SERVINGS	410 CAL	32 G PROTEIN

Total Time: 30 min



Ingredients:

- [ ] 1 beef 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 internal temperature of 145°F for medium rare as measured by a meat thermometer. 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.



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