BEEF STIR-FRY

Makes 6 servings
Serving Size: 2/3 cup over 1 cup rice

Tip:
Leftover lean meat, poultry, fish or tofu can be substituted for beef.

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 brown 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 in 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
- 1½ cups cool water
- 2 tablespoons low-sodium soy sauce
- dash black pepper

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

<table>
<thead>
<tr>
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<th>Per Serving</th>
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<tbody>
<tr>
<td>Calories</td>
<td>420</td>
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<tr>
<td>Total Fat</td>
<td>9 g</td>
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<tr>
<td>Saturated Fat</td>
<td>2 g</td>
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<tr>
<td>Protein</td>
<td>22 g</td>
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<tr>
<td>Total Carbohydrate</td>
<td>62 g</td>
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<tr>
<td>Dietary Fiber</td>
<td>2 g</td>
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<tr>
<td>Sodium</td>
<td>230 mg</td>
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Excellent Source of Vitamin A
Excellent Source of Vitamin C
Excellent Source of Iron

Eat Smart