

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
- 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



NC STATE
EXTENSION

Community & Clinical
CONNECTIONS
for Prevention & Health
Branch
NORTH CAROLINA
DIVISION OF PUBLIC HEALTH