



Beef Stir-Fry

Info:

Makes 4 Servings 375 Calories per Serving

LOW CAL

Ingredients:



- ❖ 2 Cups Cooked Rice
- ❖ 1 Tbsp Balsamic Vinegar
- ❖ 1 Tbsp Soy Sauce
- ❖ 1 tsp Ground Ginger
- ❖ 1 Tbsp Sesame Seeds, toasted preferred
- ❖ Broccoli, 1 Bag Stir-Fry crowns (5 Cups)
- ❖ 1 Onion, sliced into long, thin pieces
- ❖ 1 Tbsp Sesame Oil (Olive oil can replace)
- ❖ 1 lb Beef Sirloin Steak
- ❖ 2 Cups Peas

Preparation:



1. Cook rice while preparing ingredients
2. Preheat large pot or wok to medium heat
3. Combine vinegar, soy sauce, ginger and sesame seeds in skillet, stir
4. Add broccoli and onions and sauté about 5-10 minutes or until tender
5. Cut steak into chunks
6. Add sesame oil, rice, peas and beef
7. Cook 7-10 minutes stirring frequently