

## Asian Beef & Vegetable Stir-Fry

*Total Recipe Time: 30 minutes*

*Makes 4 servings*

### Ingredients

- 1 pound beef Top Sirloin Steak Boneless, cut 1 inch thick
- 4 cups assorted fresh vegetables, such as sugar snap peas, broccoli florets, bell pepper and carrot strips
- 1 clove garlic, minced
- ½ cup prepared stir-fry sauce
- ⅛-¼ teaspoon crushed red pepper
- 2 cups hot cooked rice
- 2 tablespoons unsalted dry-roasted peanuts (optional)

### Instructions

1. Cut beef steak lengthwise in half, then crosswise into ¼-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 outside surface of beef is no longer pink. 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.



*Nutrition information per serving, using 3 ounces cooked edible top sirloin, all grades, ¼ cup each broccoli, bell pepper, carrot & sugar snap peas: 411 calories; 11 g fat (2 g saturated fat; 2 g monounsaturated fat); 70 mg cholesterol; 783 mg sodium; 43 g carbohydrate; 3.2 g fiber; 32 g protein; 13.4 mg niacin; 0.8 mg vitamin B6; 1.5 mcg vitamin B12; 4.2 mg iron; 38.1 mcg selenium; 5.5 mg zinc; 104.0 mg choline.*

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