

Stir-fry with Beef V* GF*

INGREDIENTS

- ¼ cup low-sodium soy sauce
 - *use gluten free soy sauce
- 1-2 Tbsp. brown sugar
- ½ cup stock/water or 1/2 cup orange juice
- 2 Tbsp. rice vinegar
- ¼ tsp. crushed red pepper flakes (optional)
- Dash of hot chili sauce, such as Sriracha (optional)
- 2 Tbsp. oil, divided
- 8 oz. top round, London broil, or flank steak, thinly sliced
 - *omit meat to make vegan
- 3 cloves garlic, minced
- 1 large bunch broccoli, trimmed and cut into 1-inch florets
- 1 bunch asparagus (1 lb.), trimmed and sliced on diagonal into 2-inch pieces
- 1 large red onion, thinly sliced
- 1 cup frozen shelled edamame
 - *add extra cup for extra protein
- 2 cups fresh vegetable of your choice (bell peppers, carrots, snow peas, green beans etc.)
- 1½ tsp. cornstarch, dissolved in ¼ cup cold water
- 3 cups cooked brown rice

SHORTCUT PREP

Brown rice is a filling, nutritious whole grain, but the cook time is about 45 minutes. In a pinch, you can use microwavable brown rice pouches, which are ready in under 2 minutes. To limit excess sodium and additives, choose plain instead of the flavored varieties.

NUTRITION FACTS 4 servings

Calories: 379	Total Carbohydrate: 52 g
Fat: 7 g	Dietary fiber: 8 g
Sodium: 427 mg	Protein: 28 g

DIRECTIONS

1. Whisk together soy sauce, sugar, stock, rice vinegar, red pepper flakes, and chili sauce.
2. In a deep skillet or wok, heat 1 Tbsp. of oil over medium-high heat. Sauté beef until just browned, about 2 minutes, then remove from pan.
3. Heat another 1 Tbsp. oil in the same skillet over medium heat. Add the garlic and cook, stirring, about 30 seconds. Add the broccoli, asparagus, onion, edamame, and other veggies.
4. Raise the heat to medium-high, and cook, stirring occasionally, until the vegetables are slightly softened, about 3 minutes.
5. Add the sauce mixture and cook until the vegetables are crisp-tender, about 4 minutes. Add the beef and dissolved cornstarch and stir to incorporate. Cook for 2-3 minutes, until the mixture thickens slightly and the beef is fully cooked.
6. Serve about 2 cups stir-fry with ¾ cup of rice.

