

Stir-Fried Beef & Vegetables

Stir-frying uses very little oil, as this dish shows.

What you need:

- 2 Tbsp dry red wine
- 1 Tbsp soy sauce
- 1/2 teaspoon sugar
- 1-1/2 teaspoon grated, peeled ginger root
- 1 lb boneless round steak, fat trimmed and cut across grain into 1 1/2-inch strips, raw
- 2 Tablespoon vegetable oil
- 2 medium onions, each cut into 8 wedges
- 1/2 lb fresh mushrooms, rinsed, trimmed, and sliced
- 2 stalks celery, bias cut into 1/4-inch slices (about 1/2 cup)
- 2 small green peppers, cut into thin lengthwise strips
- 1 cup water chestnuts, drained and sliced
- 1 Tablespoon vegetable oil
- 2 Tablespoon cornstarch
- 1/4 cup water



(over for directions, nutritional information)

Stir-Fried Beef & Vegetables (continued)

How to make:

Prepare marinade mixing together wine, soy sauce, sugar, and ginger. Marinate meat in mixture while preparing vegetables. Heat 1 Tbsp oil in large skillet or wok. Stir-fry onions and mushrooms 3 minutes over medium-high heat. Add celery and cook 1 more minute. Add remaining vegetables and cook 2 minutes or until green pepper is tender crisp. Transfer vegetables to warm bowl. Add remaining 1 Tbsp oil to skillet. Stir-fry meat in oil about 2 minutes or until meat loses its pink color. Blend cornstarch and water. Stir into meat. Cook and stir until thickened. Return vegetables to skillet; stir gently and serve. Yield: 6 servings—Serving Size: 6 oz portion of beef and vegetable mixture.

Nutrition Information:

Calories: 187

Total fat: 8 g

Saturated fat: 2 g

Cholesterol: 35 mg

Sodium: 215 mg



Recipe courtesy of National Heart, Lung, and Blood Institute:
<http://www.nhlbi.nih.gov>