Szechuan Beef Stir-Fry

Ingredients

- 2 beef shoulder center steaks (ranch), cut 3/4 inch thick (about 8 ounces each)
- 1 package (10 ounces) fresh vegetable stir-fry blend
- 3 tablespoons water
- 1 clove garlic, minced
- 1/2 cup prepared sesame-ginger stir-fry sauce
- 1/4 teaspoon crushed red pepper
- 2 cups hot cooked rice or brown rice, prepared without butter or salt
- 1/4 cup dry-roasted peanuts

Instructions

1. Combine vegetables and water in large nonstick skillet; cover and cook over medium-high heat 4 minutes or until crisp-tender. Remove and drain vegetables. Set aside.

2. Meanwhile cut beef steaks into 1/4-inch thick strips.

3. Heat same skillet over medium-high heat until hot. Add 1/2 of beef and 1/2 of garlic; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove from skillet; keep warm. Repeat with remaining beef and garlic.

4. Return all beef and vegetables to skillet. Add stir-fry sauce and red pepper; cook and stir 1 to 2 minutes or until heated through. Spoon over rice. Sprinkle with peanuts.

Recipe as seen in The Healthy Beef Cookbook, published by John Wiley & Sons

Suggestions

Four cups assorted fresh vegetables, such as sugar snap peas, broccoli florets, bell pepper strips and shredded carrots, may be substituted for 1 package vegetable stir-fry blend. Your favorite stir-fry sauce flavor may be substituted for the sesame-ginger flavor.

Nutritional Information

Nutrition information per serving: 351 calories; 11 g fat (3 g saturated fat; 5 g monounsaturated fat); 64 mg cholesterol; 1147 mg sodium; 29 g carbohydrate; 3.0 g fiber; 32 g protein; 5.4 mg niacin; 0.3 mg vitamin B6; 2.9 mcg vitamin B12; 4.1 mg iron; 33.0 mcg ; 33.4 mcg selenium; 5 mg zinc.