Dinner Tonight!

Mix It Up Stir-fry

Ingredients for Sauce:

- 1/3 cup water
- 2 tablespoons light soy sauce
- 1 tablespoon chicken broth
- 2 teaspoons corn starch

Ingredients for Stir-fry:

- 1 1/2 pound of beef round steak, cut into thin strips
- 1 cup broccoli flowerets
- 1 red bell pepper, cut into thin strips
- 1/2 medium onion, sliced
- 1 cup sliced mushrooms
- 1 8 oz can of sliced water chestnuts, drained

Mix the water and the corn starch together, stirring to break up clumps. Add chicken broth and soy sauce to cornstarch mixture and set aside. Pre-heat large skillet, add vegetable oil.

Add the beef strips to the skillet and stir-fry for about 4 to 5 minutes. Remove meat from pan and set aside and keep warm.

Add the broccoli flowerets and stir-fry 2 for 3 minutes. If using fresh garlic, add it to the skillet, stir-fry for 1 minute.

Add red bell pepper and stir-fry for 2 minutes. Add onion and stir fry for 1 minute followed by the addition of mushrooms and water chestnuts and stir-fry for an additional 1 minute.

Return the meat to the skillet and stir in corn starch mixture. Cook and stir about 2 to 3 minutes until mixture is heated and sauce is thickened.

Cooks note: In place of the beef you may use chicken breast, pork or tofu. You may also use other vegetables such as yellow squash, zucchini, celery or cauliflower. If you want to reduce sodium, omit soy sauce from sauce mixture.

Preparation Time: 20 minutes
Cook Time: 15 minutes
Yield: 6–2/3 cup servings
Serve with: brown rice.

Nutrition Facts Per Serving:

- Calories: 160
- Total Fat: 8 g
- Cholesterol: 50 mg
- Sodium: 207 mg
- Total Carbohydrate: 4 g
- Protein: 17 g