



Oriental Beef Stir Fry

PREP TIME

30 min

COOK TIME

15 min

TOTAL TIME

45 min

SERVINGS

4

COST

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COURSE

Main

INGREDIENTS

- 3 tsp Corn Starch
- 2 Tbsp + 1/3 cup water, separated
- 2 Tbsp low sodium soy sauce
- 2 Tbsp rice vinegar
- 1 tsp white sugar
- 1/4 tsp black pepper
- 1 Tbsp olive oil
- 1 tsp garlic powder
- 8 oz. thinly sliced beef
- 1/2 cup yellow onion, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 large carrot, sliced thin
- 1 cup red or green cabbage, shredded
- sesame seeds (optional)

INSTRUCTIONS

1. Mix cornstarch and 2 Tbsp water in medium bowl. Whisk until smooth. Stir in soy sauce, vinegar, sugar, and pepper.
2. Place the beef and 2 Tbsp of sauce in a bowl. Let marinate for 15 minutes.
3. Add 1/3 cup water to the remaining sauce, set aside.
4. While beef is marinating, chop vegetables and set aside.
5. Heat oil in a large skillet over medium high heat. Add beef and garlic powder. Mix well to coat. Cook well for one minute.
6. Add onion and cook for 1-2 minutes until beef is cooked through (145 degrees F internal temp).
7. Add carrot and bell pepper, cook for one minute.
8. Add remaining sauce and mix well.
9. Add shredded cabbage and cook 1-2 minutes until all vegetables are tender crisp.
10. Serve alone or over a bed of brown rice.

NOTES

Vegetables

You can try out different vegetables for this recipe: broccoli, mushrooms, green beans, etc. You can also use a bag of coleslaw in place of shredding cabbage.

Use what you have on hand!

COOKING WITH KIDS!



Follow these tips for ideas on how to include your kids while making this recipe

Have your kids help pick out the vegetables you use for this recipe.

