



Recipe of the Month—May 2015

Beef and Vegetable Stir Fry

Serves 4

Serving Size: 1 1/2 cups stir fry, 2/3 cup instant brown rice

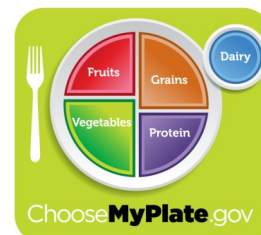
Ingredients:

2 teaspoons	ground ginger
1 teaspoon	garlic powder
1/4 cup	low sodium soy sauce
1/4 cup	water
1/2 pound	lean beef or pork , sliced thinly against the grain
2 cups	uncooked instant brown rice (or whole wheat noodles)
2 tablespoons	vegetable oil, divided
7 cups	chopped vegetables (like carrots, broccoli, mushrooms, bell peppers, onions) or 24 oz. frozen stir fry vegetables, thawed
1 tablespoon	cornstarch

Directions:

1. Mix ginger, garlic powder, soy sauce, and water. Pour 1/4 cup of the mix into a sealable plastic bag and save the rest. Add meat to the bag. Seal the bag and set it in the refrigerator for about 20 minutes.
2. Prepare brown rice according to directions on the package for 4 servings.
3. Heat 1 tablespoon of oil in a large frying pan. When oil is hot, add meat from plastic bag and stir until brown. This will take 1 to 3 minutes. Discard liquid from the bag.
4. Remove meat from pan and cover it. Add 1 tablespoon of oil to pan.
5. Add chopped hard vegetables when oil is hot. Stir and cook them for 3 minutes. Add chopped soft vegetables. Stir and cook until tender, about 5 minutes.
6. Add cornstarch to the saved ginger mixture and stir until smooth.
7. Return meat to the pan when vegetables are tender. Add cornstarch mixture and cook for about 2 minutes until bubbly.
8. Serve over brown rice.

NUTRITION FACTS PER SERVING: 450 calories, 13 g total fat (2 g sat. fat), 50 mg cholesterol, 610 mg sodium, 60 g carbohydrates, 6 g fiber, 5 g sugar, 27 g protein



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