



ASIAN BEEF & VEGETABLE STIR-FRY

Total Recipe Time: 30 minutes
Makes 4 servings



INGREDIENTS

- 1 pound beef Top Sirloin Steak Boneless, cut 1 inch thick
- 4 cups assorted fresh vegetables, such as sugar snap peas, broccoli florets, bell pepper and carrot strips
- 1 clove garlic, minced
- 1/2 cup prepared stir-fry sauce
- 1/8 to 1/4 teaspoon crushed red pepper
- 2 cups hot cooked rice
- 2 tablespoons unsalted dry-roasted peanuts (optional)

INSTRUCTIONS FOR ASIAN BEEF & VEGETABLE STIR-FRY

1. Cut beef steak lengthwise in half, then crosswise into 1/4-inch thick strips.
2. Combine vegetables and 3 tablespoons water in large nonstick skillet. Cover and cook over medium-high heat 4 minutes or until crisp-tender. Remove and drain.
3. Heat same pan over medium-high heat until hot. Add half of beef and half of garlic; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove. Repeat with remaining beef and garlic.
4. Return all beef and vegetables to pan. Add stir-fry sauce and crushed red pepper; heat through. Serve over rice. Sprinkle with peanuts, if desired.

NUTRITIONAL INFORMATION FOR ASIAN BEEF & VEGETABLE STIR-FRY

Nutrition information per serving, using 3 ounces cooked edible top sirloin, all grades, 1/4 cup each broccoli, bell pepper, carrot & sugar snap peas: 411 calories; 11 g fat (2 g saturated fat; 2 g monounsaturated fat); 70 mg cholesterol; 783 mg sodium; 43 g carbohydrate; 3.2 g fiber; 32 g protein; 13.4 mg niacin; 0.8 mg vitamin B6; 1.5 mcg vitamin B12; 4.2 mg iron; 38.1 mcg selenium; 5.5 mg zinc; 104.0 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, iron, selenium and zinc; and a good source of fiber and choline.

Nutrition information per serving, using 3 ounces cooked edible top sirloin, select grade, 1/4 cup each broccoli, bell pepper, carrot & sugar snap peas: 405 calories; 11 g fat (2 g saturated fat; 2 g monounsaturated fat); 69 mg cholesterol; 785 mg sodium; 43 g carbohydrate; 3.2 g fiber; 32 g protein; 13.7 mg niacin; 0.8 mg vitamin B6; 1.3 mcg vitamin B12; 4.1 mg iron; 40.8 mcg selenium; 5.5 mg zinc; 104.9 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, iron, selenium, zinc and choline; and a good source of fiber.

Nutrition information per serving, using 3 ounces cooked edible top sirloin filet, select grade, 1/4 cup each broccoli, bell pepper, carrot & sugar snap peas: 395 calories; 10 g fat (1 g saturated fat; 2 g monounsaturated fat); 63 mg cholesterol; 776 mg sodium; 43 g carbohydrate; 3.2 g fiber; 32 g protein; 13.3 mg niacin; 0.7 mg vitamin B6; 2.9 mcg vitamin B12; 5.2 mg iron; 34.3 mcg selenium; 8.0 mg zinc; 5.1 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, iron, selenium and zinc; and a good source of fiber.

Nutrition information per serving using 3 oz cooked top sirloin filet (gov code 23258), 1/4 c each broccoli, bell pepper, carrot & sugar snap peas, 2 tbsp LaChoy original stir-fry sauce, no peanuts: 345 calories; 4 g fat (1 g saturated fat; 2 g monounsaturated fat); 63 mg cholesterol; 415 mg sodium; 43 g carbohydrate; 3.2 g fiber; 30 g protein; 13.3 mg niacin; 0.7 mg vitamin B6; 2.9 mcg vitamin B12; 5.2 mg iron; 34.3 mcg selenium; 8.0 mg zinc; 5.0 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, iron, selenium and zinc; and a good source of fiber.



