

STIR-FRY STEAK AND VEGETABLES

SOURCE: QUICK COOKING, May/June 2001 (Melanie Bowman – Midland TX)

INGREDIENTS:

1 TBS cornstarch
1 tsp reduced-sodium beef bouillon granules
1 C water
1/4 C reduced-sodium soy sauce
10 oz boneless beef sirloin steak
1 medium green pepper, julienned
1 medium onion, halved/sliced
1 clove garlic, minced
2 tsp canola oil
2 medium tomatoes, cut into eights
1 can (8 oz) sliced water chestnuts, drained
1/8 tsp pepper
4 C hot cooked rice

DIRECTIONS:

In bowl, combine cornstarch, bouillon, water + soy sauce – set aside – cut steak thinly across grain, then cut slices in half – set aside. In non-stick skillet or wok, stir-fry green pepper, onion + garlic in oil for 4 minutes – remove and set aside. Add meat – stir-fry for 4-6 minutes.

Stir cornstarch mixture and add to pan – bring to boil – cook/stir 1 minutes or till thickened – add tomatoes, water chestnuts + green pepper mixture – cook/stir till heated through – sprinkle with pepper. Serve over rice.

Yield: 4 servings

Nutritional Analysis per serving (1.5 C meat mixture + 1 C rice): CAL 469; FAT 15g (5g saturated fat); CHOL 46g; SODIUM 678mg; CARBS 62g; FIBER 5g; PROTEIN 21g / Diabetic Exchanges: 3 lean meat, 2 vegetable, 2 starch, 2 fat