

stir-fried orange beef

tangy orange-flavored beef with crisp vegetables

Prep time: 10 minutes

Cook time: 20 minutes

- 1 bag (12 oz) frozen vegetable stir-fry
- 1 Tbsp peanut or vegetable oil
- 1 Tbsp onion, minced
(or ½ Tbsp dried)
- 1 Tbsp garlic, minced (about 2–3 cloves)
- 1 Tbsp ginger, minced
- 1 egg white, lightly beaten
(or substitute liquid egg white)
- 2 Tbsp cornstarch
- 12 oz beef flank steak, sliced into thin strips
- 3 Tbsp Hoisin sauce
- 1 Tbsp lite soy sauce
- ½ C orange juice
- 1 Tbsp dry sherry (optional)

- 1 Thaw frozen vegetables in the microwave (or place entire bag in a bowl of hot water for about 10 minutes). Set aside until step 7.
- 2 Heat oil in a large wok or sauté pan.
- 3 Add onion, garlic, and ginger and stir fry until tender but not brown, about 30 seconds to 1 minute.
- 4 Put egg white in one bowl and cornstarch in another. Dip steak strips into egg white and then coat with cornstarch.
- 5 Add steak strips to pan and continue to stir fry until steak strips are lightly browned, about 5–8 minutes.
- 6 Add Hoisin sauce, soy sauce, orange juice, and sherry (optional), and bring to a boil over high heat. Immediately lower temperature to a gentle simmer.
- 7 Add the thawed vegetables and mix gently. Simmer until vegetables are heated through, about 3–4 minutes.
- 8 Divide mixture into four equal portions (about 2 cups each) and serve.

Tip: Delicious over rice or Asian-style noodles (soba or udon).



yield:

4 servings

serving size:

2 C meat and vegetables

each serving provides:

calories	261	total fiber	3 g
total fat	9 g	protein	23 g
saturated fat	2 g	carbohydrates	23 g
cholesterol	28 mg	potassium	648 mg
sodium	418 mg		