



Stir-Fried Beef and Chinese Vegetables

Serving size: 6 ounces

Yield: 6 servings

Ingredients:

2 tablespoons dry red wine

1 tablespoons soy sauce

½ teaspoon sugar

1½ teaspoons gingerroot, peeled and grated

1 pound boneless round steak, fat trimmed and cut across grain into 1½-inch strips

2 tablespoons vegetable oil

2 medium onions, each cut into 8 wedges

½ pound fresh mushrooms, rinsed, trimmed, and sliced

2 stalks (½ cup) celery, bias cut into ¼-inch slices

2 small green peppers, cut into thin lengthwise strips

1 cup water chestnuts, drained and sliced

2 tablespoons cornstarch

¼ cup water



Directions:

1. Prepare marinade by mixing together wine, soy sauce, sugar, and ginger.
2. Marinate beef in mixture while preparing vegetables.
3. Heat 1 tablespoon of oil in large skillet or wok. Stir-fry onions and mushrooms for 3 minutes over medium-high heat.
4. Add celery and cook for 1 minute. Add remaining vegetables and cook for 2 minutes or until green pepper is tender but crisp. Transfer vegetables to warm bowl.
5. Add remaining 1 tablespoon of oil to skillet. Stir-fry meat in oil for about 2 minutes, or until meat loses its pink color.
6. Blend cornstarch and water. Stir into meat. Cook and stir until thickened. Then return vegetables to skillet. Stir gently and serve.



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Nutrition Facts: Calories: 200; Total fat: 9 g; Saturated fat: 2 g; Cholesterol: 40 mg; Sodium: 201 mg; Fiber: 3 g; Protein: 17 g; Carbohydrate: 12 g; Potassium: 552 mg

Source: *A Healthier You*, Centers for Disease Control and Prevention



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