



A Nutrition Resource

GARLIC BEEF STIR FRY

Yield: 4 Servings | Serving Size: 2 cups

Cost/serving: \$2.60

Ingredients:

- 2 cups brown rice
- 1 Tablespoon cornstarch
- 1/3 cup low-calorie vinaigrette or Italian dressing (use 1 Tablespoon for the meat)
- 3 cloves garlic, minced (or substitute 3/4 teaspoon garlic powder)
- 3/4-pound lean beef, well-trimmed, cut into thin strips (round steak works well)
- 5 cups cut-up fresh vegetables (such as broccoli, onions, bell peppers, carrots) partially thawed in microwave and drained
- 2 Tablespoons low-sodium soy sauce
- 1 teaspoon ground ginger

Directions:

- 1) Prepare rice according to package directions, allowing about 15 minutes for instant rice or about 45 minutes for regular brown rice. Keep hot (above 135°F).
- 2) Stir together the cornstarch, 1 Tablespoon of the dressing, and the garlic in a bowl or pie pan; mix well. Add the beef strips, tossing to coat meat with dressing mixture.
- 3) Lightly coat a large nonstick skillet with cooking spray. Heat on Medium-high heat.
- 4) Add beef mixture; cook and stir for 5 minutes or until beef is cooked through. Remove from skillet; cover meat to keep warm.
- 5) Add vegetables, remaining dressing, soy sauce, and ginger to skillet.
- 6) Return beef to skillet. Cook, stirring occasionally, for 1 minute or until beef is heated through and sauce is thickened. Serve over rice.

Nutrition Facts

4 servings per container

Serving size **2 cups (327g)**

Amount per serving

Calories 380

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 580mg **25%**

Total Carbohydrate 42g **15%**

Dietary Fiber 7g **25%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 31g

Vitamin D 0mcg **0%**

Calcium 48mg **4%**

Iron 4mg **20%**

Potassium 650mg **15%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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