Orange Beef and Vegetable Stir-Fry

Prep: 15 minutes | Cook: 15 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: 2 cups

Ingredients

1 egg

1 pound (16 ounces) lean beef steak (e.g. round, sirloin), sliced against the grain into thin strips

2 tablespoons cornstarch

½ cup (4 ounces) orange juice

3 tablespoons reduced-sodium (lite) soy sauce

1 tablespoon unseasoned rice vinegar

1 tablespoon honey

1 tablespoon peanut, canola, or avocado oil

3-4 scallions (green onions), thinly sliced (about ½ cup)

4-6 cloves garlic, minced (about 1 tablespoon)

1 tablespoon minced or grated fresh ginger (or about 1 teaspoon dried ginger)

2 (12-ounce) bags frozen stir-fry vegetables

Directions

1. Add the egg to a medium bowl and beat lightly.
2. Add the steak to the bowl with the egg and toss to coat.
3. Sprinkle the cornstarch over the steak and toss to coat.
4. In a separate small bowl, whisk together the orange juice, soy sauce, vinegar, and honey to make a sauce. Set aside.
5. Heat a large wok or sauté pan over medium-high heat.
6. Add the oil and heat until shimmering.
7. Add the scallions, garlic, and ginger. Cook, stirring constantly, until fragrant, about 30-60 seconds.
8. Add the steak to the pan and continue cooking, stirring often, until lightly browned, about 4-8 minutes.
9. Add the sauce and bring to a boil over high heat, then reduce the heat to maintain a gentle simmer.
10. Add the stir-fry vegetables and cook until the vegetables are heated through, about 4-6 minutes.
11. Serve warm, on its own or over a cooked grain if desired.

Recipe Notes

- Substitute another protein – such as chicken, pork, or shrimp – for the steak if desired.

Nutrition Facts Per Serving: Calories: 360 | Total Fat: 12 g | Saturated Fat: 3.5 g
Sodium: 480 mg | Total Carbohydrate: 23 g | Dietary Fiber: 4 g | Protein: 39 g

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