

Beef Stir-Fry

Total: 30 min. Active: 30 min. Yield: 4 servings.

Nutritional Information Per Serving

Calories: 450. Total Fat: 22g. Carbs: 24g. Protein: 41g.

Ingredients

- 1 1/2 lbs skirt steak, cut into 4-in. long pieces, then cut against the grain into 1/4 in. thick slices
- Salt and pepper
- 1/4 cup low sodium soy-sauce
- 1 serrano chile pepper, seeded and finely chopped
- 2 tbsp sugar, optional
- the juice of 2 limes
- 2 tbsp olive oil
- 2 cloves garlic, grated
- 1 bunch scallions/green onions, thinly sliced
- 6 oz fresh mushrooms, sliced
- 1/4 lb. green beans
- 12 can baby corn, drained
- 1 red bell pepper, thinly sliced

Directions

Season the steak with salt and pepper. In a medium bowl, whisk together the soy sauce, chile pepper, sugar and lime juice until the sugar is dissolved. Add the beef, toss to coat and set aside.

In a large skillet over medium-high heat, heat the oil until shimmering, about 1 minute. Add the beef and cook, stirring, until cooked through, 3 to 5 minutes.

Remove the beef from the skillet and set aside. Allow the liquid in the pan to reduce until thickened, about 4 minutes. Add the garlic and scallions and cook 1 minute more. Add the mushrooms and cook for 2 to 3 minutes more. Add the snow peas, baby corn and bell pepper and continue cooking until all the vegetables are crisp-tender, about 2 minutes. Return the beef to the skillet and toss to combine.

