

## Beef Stir Fry

Makes 4 servings

### INGREDIENTS

cooking spray  
 1 teaspoon crushed ginger (in jar)  
 1 teaspoon crushed garlic (in jar)  
 1lb lean beef steak cut into strips  
 1 cup red bell peppers sliced  
 1 cup small broccoli florets  
 1 cup snow peas  
 1 cup mushrooms sliced  
 1 cup bok choy coarsely sliced  
 ½ cup green onions sliced  
 2 tablespoons white wine  
 1 tablespoon soy sauce (low sodium)  
 2 tablespoons hoisin sauce  
 1 dessertspoon sugar  
 1 tablespoon cornstarch  
 1 teaspoon granulated beef bouillon (low sodium)  
 ¾ cup water



Sauté ginger and garlic for 1 minute in non-stick frypan that has been coated with cooking spray. Add beef strips and sauté until cooked. Drain and set aside. In same frypan spray again, stir fry bell peppers and broccoli for 3 minutes then add in remaining vegetables, toss until tender crisp. Stir in wine, soy sauce, hoisin sauce and sugar into pan. Combine cornstarch, bouillon and water together then add to pan, bring to boil mixing well. Add cooked steak back to pan and combine with ingredients. Once meat is heated through serve with basmati rice or noodles.

### Variations

Replace beef with skinless chicken breast.

Replace hoisin and soy sauce with ¾ cup plum sauce.

For a vegetarian stir fry omit meat and replace with vegetable bouillon and add 1 cup celery sliced, 1 cup carrots sliced and 1 cup bean shoots, or replace steak with 14oz firm tofu cut into strips.

### Dietitian's tip

It is recommended that lean red meat be eaten three times a week providing iron for oxygen transport throughout the body.

Suitable to be frozen.

### Nutritional Information

PER SERVE	BEEF	CHICKEN	VEGETABLE	TOFU
CALORIES	200	181	72	139
FAT	TOTAL 4.9g	3.1g	0.5g	6.4g
	SATURATED 1.6g	0.7g	0.1g	0.1g
SODIUM	237mg	228mg	210mg	172mg
CARBS	7.6g	7.6g	10.6g	11.6g
SUGAR	4.7g	4.7g	7.0g	5.7g
FIBER	3.1g	3.1g	5.6g	3.1g
PROTEIN	29.3g	29.8g	5.7g	14.2g
GI RATING		Too low in carbs to score a rating		