

Beef Stir Fry

adapted from Taste of Home, Ruth Stahl

3 tablespoons cornstarch, divided
1/2 cup water, plus
2 tablespoons water, divided
1/2 teaspoon garlic powder
1 lb sirloin roast/steak, cut into thin strips (helps to put it in the freezer for 10-20 minutes before slicing)
vegetable oil
1 package of Cremini mushrooms, sliced
1 small yellow onion, sliced
1 green bell pepper, sliced
1 red bell pepper, sliced
1 small head of broccoli, cut into pieces
1/3 cup soy sauce (reduced sodium)
1/2 teaspoon red pepper flakes, or to taste
2 tablespoons brown sugar
1 teaspoon ground ginger or 1 tablespoon freshly grated
Cooked Jasmine or long grain white rice

In a bowl, combine 2 tablespoons cornstarch, 2 tablespoons water and garlic powder until smooth. Add beef and toss.

Also, prepare the sauce by whisking together the soy sauce, red pepper flakes, brown sugar, ginger and remaining cornstarch and water until smooth. Set aside until you are ready to add it to the stir-fry.

In a large skillet or wok over medium high heat, stir-fry beef in oil until beef reaches desired doneness; remove from wok and set aside.

Add more oil and sauté mushrooms until they are very tender. Remove from wok and set aside.

Add more oil and stir-fry onion and peppers, about 4-5 minutes. Add broccoli and cook another 2-3 minutes. Return the mushrooms and beef to the wok and finally, add the sauce. Cook for a few minutes until the sauce thickens up. Serve over rice.

(Servings: 4, Prep time: 20 min., Cook time: 30 min., Difficulty: Easy)