

## 5 A Day Recipes

### Main Courses

#### Beef and Vegetable Stir Fry

##### Serves 4

- $\frac{3}{4}$  pound beef round steak, boneless (12 ounces)
- $\frac{1}{2}$  cup sliced carrots
- 1 tablespoon soy sauce
- dash pepper
- 1 tablespoon cornstarch
- 1 teaspoon oil
- $\frac{1}{2}$  cup sliced onion
- $\frac{1}{8}$  teaspoon garlic powder
- 2 cups broccoli florets
- $1\frac{1}{4}$  cup water

Trim all fat from steak. Slice steak across the grain into thin strips about  $\frac{1}{8}$  inch wide and 3 inches long. (Partially frozen meat is easier to slice). Heat oil in Phrygian. Add beef strips and stir fry over high heat, turning pieces constantly, until beef is no longer red (about 3-4 minutes).

Reduce heat. Add carrots, celery, onion, and seasonings. Cover and cook until carrots are slightly tender (3-5 minutes). Add broccoli; cook until vegetables are tender-crisp (3 to 4 minutes). Mix cornstarch and water until smooth; add slowly to beef mixture, stirring constantly. Cook until thickened and vegetables are coated with a thin glaze.

This is an official 5 a Day recipe, and provides four people with  $1\frac{1}{4}$  servings of vegetables each.

##### Nutritional Analysis

Calories: 150

Fat: 5 g

Cholesterol: 45 mg

Sodium: 315 mg

% Calories from Fat: 30%