



Reach



Racial & Ethnic Approaches
to Community Health

GREENWOOD LEFLORE HOSPITAL

Made possible with funding from the
Centers for Disease Control & Prevention

Stir-Fried Beef & Chinese Vegetables / Ingredients

2 tablespoons dry red wine or beef stock

1 tablespoon soy sauce

½ teaspoon sugar

½ teaspoon ground ginger

1 pound boneless round steak, fat trimmed and cut across grain
into 1½" thick strips

2 tablespoons vegetable oil

2 medium onions, each cut into 8 wedges

½ pound fresh mushrooms, rinsed, trimmed, and sliced

2 stalks (½ cup) celery, bias cut into ¼" thick slices

2 small green peppers, cut into thin lengthwise strips

1 cup water chestnuts, drained and sliced

2 tablespoons cornstarch

¼ cup water

Recipe inspired by EatingWell.com

Cooking Instructions

- 1.** Prepare marinade by mixing together wine, soy sauce, sugar, and ginger.
- 2.** Marinate beef in mixture while preparing vegetables.
- 3.** Heat 1 tablespoon of oil in large skillet or wok. Stir-fry onions and mushrooms for 3 minutes over medium-high heat.
- 4.** Add celery and cook for 1 minute. Add remaining vegetables and cook for 2 minutes or until green pepper is tender but crisp. Transfer vegetables to bowl covered with foil.
- 5.** Add remaining 1 tablespoon of oil to skillet. Stir-fry meat in oil for about 2 minutes, or until meat loses its pink color.
- 6.** Blend cornstarch and water. Stir into meat. Cook and stir until thickened. Then return vegetables to skillet. Stir gently and serve.

Nutritional Information

Yield: 6 servings

Each serving provides:

Calories: 200

Total fat: 9 g

Saturated fat: 2 g

Cholesterol: 40 mg

Sodium: 201 mg

Fiber: 3 g

Protein: 17 g

Carbohydrate: 12 g

Potassium: 552 mg