Beef and Vegetable Stir Fry

Ingredients:

- 3/4 pound lean beef round steak, boneless
- 1 teaspoon vegetable oil
- 1/2 cup carrots, sliced
- 1/2 cup celery, sliced
- 1/2 cup onion, sliced
- 2 cups zucchini squash, cut in thin strips
- 1 tablespoon light soy sauce
- 1/8 teaspoon garlic powder
- 1 dash of pepper
- 1 tablespoon cornstarch
- 1/4 cup water

This recipe can also be made meatless or with chicken or turkey instead of steak.

Directions:

1. Trim all fat from steak. Slice steak into thin strips.
3. Add carrots, celery, onion, squash and seasonings and cook until vegetables are tender.
4. In a small cup, mix cornstarch and water until a smooth paste is formed. Add paste to beef mixture, stirring constantly. Cook until thickened.

Yields about 4 servings

Source:

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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