Beef and Vegetable Stir Fry
Makes 4 servings

Ingredients:
- ¾ pound lean beef round steak, boneless
- 1 teaspoon vegetable oil
- ½ cup carrots, sliced
- ½ cup celery, sliced
- ½ 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
- ¼ cup water

*Note: 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, zucchini, soy sauce, garlic powder and pepper. 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.