



A Nutrition Resource

GARLIC BEEF STIR FRY

Yield: 4 Servings | Serving Size: 2 cups

Cost/serving: \$2.60

Ingredients:

- 2 cups brown rice
- 1 Tablespoon cornstarch
- 1/3 cup low-calorie vinaigrette or Italian dressing (use 1 Tablespoon for the meat)
- 3 cloves garlic, minced (or substitute 3/4 teaspoon garlic powder)
- 3/4-pound lean beef, well-trimmed, cut into thin strips (round steak works well)
- 5 cups cut-up fresh vegetables (such as broccoli, onions, bell peppers, carrots) partially thawed in microwave and drained
- 2 Tablespoons low-sodium soy sauce
- 1 teaspoon ground ginger

Directions:

- 1) Prepare rice according to package directions, allowing about 15 minutes for instant rice or about 45 minutes for regular brown rice. Keep hot (above 135°F).
- 2) Stir together the cornstarch, 1 Tablespoon of the dressing, and the garlic in a bowl or pie pan; mix well. Add the beef strips, tossing to coat meat with dressing mixture.
- 3) Lightly coat a large nonstick skillet with cooking spray. Heat on Medium-high heat.
- 4) Add beef mixture; cook and stir for 5 minutes or until beef is cooked through. Remove from skillet; cover meat to keep warm.
- 5) Add vegetables, remaining dressing, soy sauce, and ginger to skillet.
- 6) Return beef to skillet. Cook, stirring occasionally, for 1 minute or until beef is heated through and sauce is thickened. Serve over rice.

Nutrition Facts

4 servings per container
Serving size **2 cups (327g)**

Amount per serving
Calories 380

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 580mg	25%
Total Carbohydrate 42g	15%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 31g	
Vitamin D 0mcg	0%
Calcium 48mg	4%
Iron 4mg	20%
Potassium 650mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter

This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter



MONTANA
STATE UNIVERSITY

EXTENSION