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BEEF STIR FRY WITH STEAMED RICE

Prep Cook Time: 20 minutes

SERVES 4

Ingredients:

1.5 lb top round London broil, sliced thin
10 oz bag veggie stir fry, cut broccoli up
1 red pepper, sliced thin
1 tablespoon oil
8 oz can sliced water chestnuts
1 can chicken broth
3 tablespoon corn starch
¼ cup Barber's Dairy Orange Juice
3 tablespoons sugar
2 tablespoons soy sauce
1 teaspoon ginger
½ teaspoon garlic powder
½ teaspoon salt
White rice

Steps

1. In a large skillet, sauté stir fry veggies, red pepper and beef on medium high for 2 minutes in 1 tablespoon of oil.
2. Add water chestnuts. Cover and let simmer for 5 minutes.
3. Pour stir fry mixture over meat and veggies. Stir constantly until thickened. Recover if needed to cook broccoli longer.
4. Serve stir fry over steamed rice.