



STIR FRY VEGETABLES & BEEF



0hr 30min



4

INGREDIENTS

- 8 oz. sliced beef
- 2 cups broccoli
- 1 cup chopped carrots
- 2 cups mushrooms
- 1 white onion, chopped
- 1 bell pepper, thinly sliced
- 1/3 cup water
- 1 tsp soy sauce
- ground ginger and garlic powder

DIRECTIONS

1. Mix the water, soy sauce, ginger and garlic and set aside.
2. Use extra soy sauce, ginger, and garlic, plus salt, to season the beef.
3. Heat some oil in a pan and cook the meat thoroughly.
4. Take the washed and sliced carrots, onions and peppers, and add them to one side of the pan to cook for one minute.
5. Add the broccoli and mushrooms to the pan and cook until tender.
6. Add the liquid mixture to the pan and mix everything together.
7. Once bubbly, turn the heat down, cover the pan, and cook for 2 more minutes.
8. Serve by itself or over rice and enjoy!

Recipe source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/stir-fry-vegetables-and-beef>