



## Beef Stir Fry

*Stir fries are the best way to use up leftover vegetables. They are also so quick and easy on weeknights and are always a crowd pleaser. Instead of using a store-bought sauce, this recipe uses a homemade sauce full of whole foods.*

Prep: 15 minutes • Total: 40 minutes

### Ingredients:

Brown rice	1 cup	250 mL
Pepper, diced	1 cup	250 mL
Carrots, chopped	1 cup	250 mL
Onion, diced	½ cup	125 mL
Broccoli, chopped	1 cup	250 mL
Ginger, minced	1 Tbsp	15 mL
Olive oil	1 Tbsp	15 mL
Peanut butter, natural	3 Tbsp	45 mL
Low sodium soy sauce	¼ cup	60 mL
Rice vinegar	½ Tbsp	7.5 mL
Maple syrup (or honey)	1 Tbsp	15 mL
Sesame seed oil	1 tsp	5 mL
Chili powder	1 tsp	5 mL
Garlic powder	1 tsp	5 mL
Olive oil	1 Tbsp	15 mL
Sirloin steak, cubed	2 cups	500 mL

### Directions:

1. Cook rice according to package instructions.
2. While rice is cooking, heat olive oil in a frying pan over medium-heat. Add vegetables and ginger and sauté for 5 minutes.
3. While vegetables are cooking, add the peanut butter, soy sauce, rice vinegar, maple syrup, sesame seed oil, chili powder and garlic powder. Set aside.
4. Add cubed steak to the vegetables in the frying pan and sauté for another 5 minutes until the steak is brown on the outside and slightly pink on the inside.
5. Add the sauce to the frying pan and sauté for 1-2 minutes, stirring frequently.
6. Split the rice four ways and add the vegetable and meat mixture to the bed of brown rice.
7. Serve immediately or freeze in individual portions.

### Nutrition Facts

Serving Size (271g)

Servings Per Container

Amount Per Serving

**Calories** 500    **Calories from Fat** 170

% Daily Value\*

**Total Fat** 20g    **31%**

**Saturated Fat** 4g    **20%**

**Trans Fat** 0g

**Cholesterol** 45mg    **15%**

**Sodium** 660mg    **28%**

**Total Carbohydrate** 53g    **18%**

**Dietary Fiber** 5g    **20%**

**Sugars** 9g

**Protein** 28g

**Vitamin A** 130%    •    **Vitamin C** 120%

**Calcium** 6%    •    **Iron** 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Makes 4 servings (271 g / serving) • 1 serving = ~ 1 ½ cup

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