

BEEF AND VEGETABLE STIR FRY

Makes 6 servings

Each serving has 150 calories, 5 grams (g) fat, 5 g protein, 17 g carbohydrate, 2 g fiber, and 380 milligrams (mg) sodium.

- 1 Tbsp. olive oil
- 1 (16-ounce) package of frozen stir-fry mixed vegetables
- 1 Tbsp. water
- 1 c. stir-fry sauce (low-sodium)
- 2 tsp. cornstarch
- 2 c. cooked roast beef, sliced thin

Heat olive oil in heavy skillet. Add vegetables and 1 Tbsp. water. Stir, cover and cook over medium heat for three minutes. Mix stir-fry sauce and cornstarch in a small bowl. Add to skillet and stir to combine. Cook five to eight minutes, stirring occasionally, until vegetables are crisp-tender. In another skillet, cook beef over medium-high heat until done. Add beef to vegetables and simmer one to two minutes. Serve with cooked rice or egg noodles.
