



A Nutrition Resource



GARLIC BEEF STIR FRY

Yield: 4 Servings | Serving Size: 2 cups

Cost/serving: \$1.84

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



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



MONTANA
STATE UNIVERSITY

EXTENSION