



100% Grass Fed Beef and Natural Vegetables
Yoder, WY
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Oriental Beef Stir-Fry

Stir-fry is a great way to stretch meat, creating a quick, family meal that incorporates meat, vegetables, and grains. Use round, skirt, flank or sirloin steak for a tender, tasty stir-fry. Marinate the beef at least 30 minutes, up to overnight, before cooking.

Stir-fry cooking goes very quickly, typically taking less than 10 minutes to complete the dish once you start to cook. Start cooking your rice before you begin preparing vegetables. Prepare and chop all vegetables prior to heating the pan.

Ingredients

1/4 cup rice wine
1/4 cup teriyaki or oyster sauce
2 Tbsp. soy sauce or tamari
1-2 cloves garlic, peeled and smashed
1/2 Tbsp. raw sugar or brown sugar, optional
1 pound top round or flank steak, cut into thin strips
Oil to cook
Vegetables to stir-fry: Several cups of fresh vegetables, peeled if necessary and sliced or diced
Brown rice or Asian noodles, optional

Directions

Mix the first 4 ingredients and sugar, if desired. Pour over steak and marinate at least 30 minutes, as long as overnight, refrigerated, in a covered stainless steel or glass bowl.

Start cooking the rice or noodles, if desired, according to package directions.

Meanwhile, drain marinade and reserve. Heat a wok or large frying pan. Add 1 Tbsp. oil. Add meat and stir fry until just browned and rare (the meat will cook a bit more in the second step).

Remove meat from pan, wipe clean, add another tablespoon of oil and stir fry the vegetables. Add vegetables to the pan according to the time required to cook them. Start with slow-cooking onions and carrots, and end with fast-cooking greens and water chestnuts. Return meat and reserved marinade to the pan toward the end of the cooking time.

Serve with hot, steamed rice or Asian noodles.

Stir-Fry Fresh Vegetable combinations popular in our house:

garlic, onion, green beans, zucchini, mushrooms
garlic, leek, carrot, sweet peppers, mushrooms, kale, spinach
garlic, leek, snow peas or snap peas, asparagus, water chestnuts, spinach
garlic, leek, bok choy, dried mushrooms (soaked first)
Have fun, be creative! Cook seasonally. No two stir-fries need to be the same.