

Stir-Fried Orange Beef

Prep Time: 10 minutes | Cook Time: 20 minutes | Total Time: 30 minutes

Ingredients

1 bag (12 oz) frozen vegetable stir-fry

1 tablespoon peanut or vegetable oil

1 tablespoon onion, minced (or 1/2 tablespoon dried)

1 tablespoon garlic, minced (about 2–3 cloves)

1 tablespoon ginger, minced

1 egg white, lightly beaten (or substitute liquid egg white)

2 tablespoons cornstarch

12 oz beef flank steak, sliced into thin strips

3 tablespoons hoisin sauce

1 tablespoon lite soy sauce

1/2 cup orange juice

1 tablespoon dry sherry (optional)

Instructions

1. Thaw frozen vegetables in the microwave or in hot water for 10 minutes.
2. Heat oil in a large wok or sauté pan.
3. Add onion, garlic, and ginger, then stir fry until tender but not brown, about 30 seconds to 1 minute.
4. Put egg white in one bowl and cornstarch in another. Dip steak strips into egg white and then coat with cornstarch.
5. Add steak strips to pan and continue to stir fry until lightly browned, about 5–8 minutes.
6. Add hoisin sauce, soy sauce, orange juice, and sherry. Bring to a boil then reduce to a simmer.
7. Add thawed vegetables and simmer until heated through, about 3–4 minutes.
8. Divide into four equal portions and serve.

Tip: Delicious served over rice or Asian-style noodles.

Nutrition Information

Serving size: 2 C meat and vegetables

Calories	261
Total Fat	9 g
Saturated Fat	2 g
Cholesterol	28 mg
Sodium	418 mg
Total Fiber	3 g
Protein	23 g
Carbohydrates	23 g
Potassium	648 mg

Nutrition Terms Defined

Calories: A measure of the energy provided by food.

Total Fat: All types of fat in the food — includes both healthy and unhealthy fats.

Saturated Fat: A type of fat that can raise “bad” cholesterol levels when eaten in excess.

Cholesterol: A waxy substance found in the blood. Too much from food can affect heart health.

Sodium: A mineral that helps regulate fluid balance, but too much can raise blood pressure.

Fiber: The part of plant foods that helps with digestion and supports heart health.

Protein: A nutrient that builds and repairs tissues, including muscles.

Carbohydrates: The body’s main source of energy; includes sugars, starches, and fiber.

Potassium: A mineral that helps control blood pressure and supports heart and muscle function.

Fat Attack

Source

Dash Eating Plan
National Heart, Lung, and Blood Institute
Stir-Fried Orange Beef Recipe | NHLBI, NIH

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