

LiveBetter with MedWatch

30-Minute Orange Beef Stir-Fry

Ingredients

- 1 ½ cups (5 ¼-ounce bag) instant rice, uncooked
- 3 Tbsp. orange juice
- 1 Tbsp. rice vinegar
- 1 tsp. cornstarch
- 1 tsp. dark sesame oil
- ¼ tsp. salt
- 1/8 tsp. crushed red pepper
- 1 pound flank steak
- 1 tsp. fresh ginger, minced and peeled
- 2 tsp. grated orange rind
- 2 tsp. bottled minced garlic
- 2 Tbsp. sherry
- 1 Tbsp. low-sodium soy sauce
- 2 cups broccoli florets
- ½ cup carrots, diagonally sliced
- 1 (8-ounce) can sliced water chestnuts, drained

Preparation

1. Cook rice according to package directions and keep warm.
2. Combine orange juice, rice vinegar, cornstarch, sesame oil, salt and red pepper; set aside.
3. Trim fat from steak and cut into thin slices.
4. Heat oil in a large nonstick skillet until hot.
5. Add ginger, orange rind and garlic; sauté for 3 minutes or until lightly browned.
6. Add beef, lemon juice, sherry and soy sauce; stir-fry for 2 minutes.
7. Add broccoli, carrot, and water chestnuts; stir-fry 3 minutes or until crisp tender.
8. Stir in orange juice mixture; stir-fry 2 minutes. Serve over rice.

Makes 4 servings. Serving size: 1 cup stir-fry and ¾ cup rice



Nutrition Analysis

Per serving: 461 calories, 13 g fat (5 g saturated fat); 28 g protein; 57 g carbohydrate; 57 mg cholesterol; 374 mg sodium



LiveBetter with MedWatch is made possible in part by a gift from Cambridge Homes.