

# Stir Fry Vegetables and Beef

Rating: ★★★★★

**Cook time:** 30 minutes

**Makes:** 4 servings

## Ingredients

**1/2 teaspoon** ground ginger  
**1/8 teaspoon** garlic powder  
**1 teaspoon** soy sauce  
**1/3 cup** water  
**1 cup** carrot (sliced)  
**2 cups** broccoli  
**1** bell pepper (chopped)  
**1** onion (chopped)  
**1 package** fresh mushrooms (sliced)  
**2 tablespoons** oil  
**8 ounces** sliced beef

## Directions

1. Wash hands and any cooking surface.
2. Mix spices, soy sauce and water; set aside.
3. Wash vegetables. Slice carrots, broccoli and mushrooms. Chop onions and bell peppers.
4. Heat oil in large frying pan and add meat when oil is hot; stir until brown.
5. Push meat to the side and in the middle of the pan add carrots, onions and peppers. Cook them for one minute
6. Add mushrooms and broccoli. Cook until they are tender.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>240</b>	
Total Fat	11 g	17%
Protein	23 g	
Carbohydrates	15 g	5%
Dietary Fiber	6 g	24%
Saturated Fat	2 g	10%
Sodium	410 mg	17%

7. Add liquid mixture and cook until bubbly.
8. Reduce heat, cover pan and cook for two more minutes.
9. Serve over whole wheat pasta or brown rice.