

## **September 2019 TV Recipes—STEAK STIR-FRY RECIPES**

*What's better than a quick and delicious meal? Nothing. That's why there's nothing better than our Stir-Fry recipes. These recipes are quick, easy and will not disappoint.*

### **Asian Beef Stir-Fry**

*This recipe is sure to become a family favorite in your house. Top Sirloin Steak strips are stir fried with fresh vegetables and served with rice.*

Recipe time: 30 minutes – Makes 4 servings

- 1 beef Top Sirloin Steak boneless (about 1-pound), cut 1-inch thick
- 4 cups assorted fresh vegetables, such as sugar snap peas, broccoli florets, bell pepper and carrot strips
- 1 teaspoon minced garlic
- 1/2 cup prepared stir-fry sauce
- 1/8 to 1/4 teaspoon crushed red pepper
- 2 cups hot cooked rice
- 2 tablespoons unsalted dry-roasted peanuts (optional)



1. Cut beef Steak lengthwise in half, then crosswise into 1/4-inch thick strips.
2. Combine vegetables and 3 tablespoons water in large nonstick skillet. Cover and cook over medium-high heat 4 minutes or until crisp-tender. Remove and drain.
3. Heat same pan over medium-high heat until hot. Add half of beef and half of garlic; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove. Repeat with remaining beef and garlic.
4. Return all beef and vegetables to pan. Add stir-fry sauce and crushed red pepper; heat through. Serve over rice. Sprinkle with peanuts, if desired.

*Nutrition information per serving, Using top sirloin, lean, all grades, gov code 13454: 411 Calories; 99 Calories from fat; 11g Total Fat (2 g Saturated Fat; 2 g Monounsaturated Fat;) 70 mg Cholesterol; 783 mg Sodium; 43 g Total Carbohydrate; 3.2 g Dietary Fiber; 32 g Protein; 4.2 mg Iron; 13.4 mg Niacin; 0.8 mg Vitamin B<sub>6</sub>; 1.5 mcg Vitamin B<sub>12</sub>; 5.5 mg Zinc; 38.1 mcg Selenium; 104 mg Choline.*

### **Mongolian Beef**

*It takes just 20 minutes to prepare this flavorful and satisfying Top Sirloin Steak stir-fry.*

Recipe time: 20 minutes – Makes 4 servings

- 1 beef Top Sirloin Steak boneless (about 1-pound), cut 1-inch thick
- 2 tablespoons minced garlic
- 1/4 to 1/2 teaspoons crushed red pepper
- 1/2 cup chopped green onions
- 1/4 cup oyster sauce
- 2 tablespoons sugar
- 1 tablespoon chopped fresh ginger
- 2 cups bamboo shoots, edamame, baby corn, or water chestnuts
- 2 cups hot cooked rice



1. Cut beef steak in half lengthwise, then crosswise into 1/8-inch strips. Toss beef with garlic and red pepper.
2. Heat non-stick skillet over medium-high heat until hot. Add half of beef; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove from skillet. Repeat with remaining beef. Remove from skillet.

3. Add green onions, oyster sauce, sugar and ginger to same skillet; cook for 1 to 2 minutes or until sauce is hot. Return beef to skillet. Add bamboo shoots, edamame, baby corn and water chestnuts; cook and stir until vegetables are hot. Serve over rice.

**Nutrition information per serving:** 343 Calories; 45 Calories from fat; 5g Total Fat (2 g Saturated Fat; 2 g Monounsaturated Fat;) 70 mg Cholesterol; 555 mg Sodium; 42 g Total Carbohydrate; 2.6 g Dietary Fiber; 31 g Protein; 3.7 mg Iron; 9.9 mg Niacin; 0.9 mg Vitamin B<sub>6</sub>; 1.5 mcg Vitamin B<sub>12</sub>; 6.2 mg Zinc; 39.5 mcg Selenium; 101 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, Selenium, and Choline; and a good source of Dietary Fiber.

## Beef Steak Zucchini Gnocchi

*The simplicity of a quick stir-fry and the flavors of Italy! Gnocchi and steak strips join sautéed zucchini, sun-dried tomatoes and onions for this taste sensation.*

Recipe time: 35 minutes – Makes 4 servings

- 1-pound beef Strip Steaks or Top Sirloin Steak, cut 1-inch thick
- 2 tablespoons olive oil, divided
- 1 package (16 ounces) shelf-stable gnocchi
- 1/4 teaspoon freshly ground black pepper
- 2 small zucchini, cut crosswise into thirds, then lengthwise into thin slices
- 1 small red onion, thinly sliced
- 3 tablespoons thinly sliced sun-dried tomatoes (oil-packed)
- 2 teaspoons minced garlic
- 1/8 to 1/4 teaspoon crushed red pepper
- 1/4 cup fresh basil, coarsely chopped
- 1-ounce ricotta salata, crumbled
- 4 teaspoons chopped toasted walnuts or pine nuts



1. Cut beef steaks lengthwise in half, then crosswise into 1/4-inch thick strips. Set aside.
2. Heat 1 tablespoon oil in large nonstick skillet over medium-high heat. Add gnocchi; cook 4 to 8 minutes, stirring frequently to brown evenly. Remove from skillet; keep warm.
3. Heat 1 teaspoon oil in same skillet over medium-high heat until hot. Add half of beef; stir-fry 1 to 3 minutes or until outside surface of beef is no longer pink. Remove from skillet. Repeat with 1 teaspoon oil and remaining beef. Season with black pepper and salt, as desired; keep warm.
4. Heat remaining 1 teaspoon oil in same skillet over medium-high heat until hot. Add zucchini, onion, sun-dried tomatoes, garlic and red pepper; stir-fry 4 to 5 minutes or until vegetables are crisp-tender. Stir in gnocchi, beef and basil; cook and stir about 1 minute to heat through. Season with salt and black pepper, as desired.
5. Divide beef mixture evenly among 4 individual bowls. Sprinkle each with cheese and walnuts before serving.

**Nutrition information per serving:** 478 Calories; 162 Calories from fat; 18g Total Fat (5 g Saturated Fat; 8 g Monounsaturated Fat;) 72 mg Cholesterol; 958 mg Sodium; 42 g Total Carbohydrate; 3.1 g Dietary Fiber; 39 g Protein; 3.9 mg Iron; 5 mg Niacin; 0.7 mg Vitamin B<sub>6</sub>; 4.2 mcg Vitamin B<sub>12</sub>; 6.4 mg Zinc; 36 mcg Selenium. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Dietary Fiber.

632 Grand Canyon Drive  
Madison, WI 53719  
800.728.BEEF  
[www.BeefTips.com](http://www.BeefTips.com)

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## Stir-Fry Beef & Spinach with Noodles

*A flavorful marinade gives Sirloin Steak strips a wonderful Asian kick. Noodles, spinach and water chestnuts round out the full meal.*

Recipe time: 35 minutes – Makes 4 servings

- 1 beef Top Sirloin Steak boneless (about 1-pound), cut 1-inch thick
- 6 ounces thin spaghetti
- 1 package (10 ounces) fresh spinach, stems removed, thinly sliced
- 1 can (8 ounces) sliced water chestnuts, drained
- 1/4 cup sliced green onions

### Marinade:

- 2 tablespoons chopped red chili peppers
- 1/4 cup hoisin sauce
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon water
- 2 teaspoons dark sesame oil
- 2 teaspoons minced garlic
- 1/4 teaspoon crushed red pepper



1. Stack beef Top Sirloin Steaks; cut lengthwise in half and then crosswise into 1-inch wide strips. Combine marinade ingredients; add beef, tossing to coat. Cover and marinate in refrigerator 10 minutes.
2. Meanwhile, cook pasta according to package directions; keep warm.  
*Cook's Tip:* You may substitute your favorite rice noodle for thin spaghetti.
3. Remove beef from marinade; reserve marinade. Heat large nonstick wok or skillet over medium-high heat until hot. Add half of beef; stir-fry 1 to 2 minutes or until outside surface is no longer pink. (Do not overcook.) Remove from skillet with slotted spoon; keep warm. Repeat with remaining beef.
4. In same skillet, combine pasta, spinach, water chestnuts, green onions and reserved marinade; cook until spinach is wilted, and mixture is heated through, stirring occasionally. Return beef to skillet; mix lightly.

**Nutrition information per serving:** 382 Calories; 72 Calories from fat; 8g Total Fat (2 g Saturated Fat; 3 g Monounsaturated Fat;) 75 mg Cholesterol; 360 mg Sodium; 46 g Total Carbohydrate; 6 g Dietary Fiber; 32 g Protein; 5.7 mg Iron; 7.3 mg Niacin; 0.5 mg Vitamin B<sub>6</sub>; 1.3 mcg Vitamin B<sub>12</sub>; 5 mg Zinc; 27.5 mcg Selenium.

*This recipe is an excellent source of Dietary Fiber, Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium.*

## Thai Beef Wok 'n Roll-Ups

*Delicious and bursting with flavor, these Thai-style Flank Steak wraps are perfect for entertaining. Each guest builds their own lettuce cup.*

Recipe time: 35 minutes – Makes 4 servings

- 1 beef Flank Steak (about 1 pound)
- 3 tablespoons teriyaki marinade and sauce
- 1 small red bell pepper, cut into thin strips
- 1/4 cup reduced-fat peanut butter
- 1/4 cup chopped green onions
- 1/4 to 1/2 teaspoon ground black pepper
- Salt
- 8 medium to large green or red leaf lettuce leaves



1. Cut beef Steak lengthwise in half, then crosswise into 1/8 to 1/4-inch thick strips. Combine beef strips and 2 tablespoons teriyaki marinade in medium bowl; toss to coat. Set aside.
2. Spray large nonstick skillet or wok with cooking spray; heat over medium-high heat until hot. Add bell pepper; stir-fry 2 to 3 minutes or until crisp-tender. Remove from skillet. Set aside.
3. Add 1/2 of beef to same skillet or wok over medium-high heat; stir-fry 1 to 3 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Remove from skillet. Repeat with remaining beef.
4. Return beef to skillet. Add peanut butter, green onions, bell pepper and remaining 1 tablespoon teriyaki marinade; cook and stir until beef and vegetables are evenly coated and heated through. Season with black pepper and salt, as desired. Spoon beef mixture evenly onto lettuce leaves and roll up.

**Nutrition information per serving:** 275 Calories; 108 Calories from fat; 12g Total Fat (4 g Saturated Fat; 3 g Monounsaturated Fat;) 42 mg Cholesterol; 608 mg Sodium; 11 g Total Carbohydrate; 1.8 g Dietary Fiber; 28 g Protein; 2.2 mg Iron; 9.6 mg Niacin; 0.6 mg Vitamin B<sub>6</sub>; 1.4 mcg Vitamin B<sub>12</sub>; 4.9 mg Zinc; 27.3 mcg Selenium.

*This recipe is an excellent source of Protein, Niacin, Vitamin B6, Vitamin B12, Zinc, and Selenium; and a good source of Iron.*

## Tangy Beef Stir-Fry

*Make weeknights awesome with this tangy, tender take on traditional stir-fry. Top-notch Top Sirloin brings this dish to the next level.*

Recipe time: 30 minutes – Makes 4 servings

- 1 beef Top Sirloin Steak Boneless, cut 1-inch thick (1-pound)
- 1 cup thinly sliced red bell pepper
- 1 cup thinly sliced sugar snap peas
- 1/4 cup rice vinegar
- 1/4 cup sweet chili sauce
- 2 tablespoons reduced-sodium soy sauce
- 2 packages (3 ounces each) ramen noodles
- 2 tablespoons minced fresh ginger
- 1 tablespoon cornstarch
- 1 tablespoon vegetable oil



1. Combine bell pepper and snow peas in medium bowl. Combine vinegar, chili sauce and soy sauce in small bowl. Add 2 teaspoons vinegar mixture to vegetables; toss to coat. Set aside vegetable mixture. Reserve remaining vinegar mixture.
2. Reserve ramen noodle seasoning packets for another use. Break ramen noodles into large chunks. Prepare according to package instructions; drain. Combine noodles with 1 cup vegetable mixture; set aside. Reserve remaining vegetable mixture.
3. Meanwhile, cut beef Steak lengthwise in half, then crosswise into 1/8-inch thick slices. Combine beef, ginger and cornstarch in medium bowl. Heat 2 teaspoons oil in large nonstick skillet over medium-high heat until hot. Add half of beef; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove from skillet. Repeat with remaining 1 teaspoon oil and beef. Remove from skillet.
4. Add reserved vinegar mixture to skillet; cook and stir 30 to 60 seconds or until sauce thickens slightly. Return beef back to skillet; stir to combine. Serve over noodle mixture. Garnish with reserved vegetable mixture.

**Nutrition information per serving, 1/4 of recipe:** 277 Calories; 90 Calories from fat; 10g Total Fat (3 g Saturated Fat; 3 g Monounsaturated Fat;) 70 mg Cholesterol; 787 mg Sodium; 16 g Total Carbohydrate; 1.8 g Dietary Fiber; 29 g Protein; 2.9 mg Iron; 10.8 mg Niacin; 0.7 mg Vitamin B<sub>6</sub>; 1.5 mcg Vitamin B<sub>12</sub>; 5 mg Zinc; 33 mcg Selenium; 101.9 mg Choline. *This recipe is an excellent source of Protein, Niacin, Vitamin B6, Vitamin B12, Zinc, Selenium, and Choline; and a good source of Iron.*