



CITRUS GINGER STIR FRY

INGREDIENTS

Stir Fry

- Salt and Pepper to taste
- 1 pound Beef Strips
- 2T Cornstarch (or 4T Flour)
- 2T Vegetable Oil (divided)
- 4 Cups of your favorite mixed vegetables-broccoli, carrot strands, red peppers, green onions, sprouts, brussel sprout (time savings tip: purchase a bag of prepared stir-fry veggies)
- Rice or Noodles

Sauce

- 3 cloves of minced garlic
- 1 package (approx. 1T) of Citrus Ginger Stir Fry Spice
- 1/3C orange juice
- 1/3C water (or beef broth)
- 1/4C of Low Sodium Soy Sauce (or Coconut Aminos)
- 3T Brown Sugar
- 1.5t Sesame Oil
- 1 T Cornstarch (or 2T Flour)

DIRECTIONS

1. Season beef strips with salt and pepper to taste. Toss with 2T corn starch and set aside.
2. Prepare 4C of your favorite mixed vegetables.
3. Preheat a large saucepan or wok on medium high. Add 1T of oil. Cook the beef in two small batches for about 2-3 minutes per batch so the beef will fry and not steam. Tip: the meat does not need to be cooked through at this point. Remove from the pan and set aside.
4. Add vegetables to the pan and cook for 4-5 minutes. Remove from the pan and set aside with the beef.
5. Combine the sauce ingredients except corn starch in a bowl.
6. Turn heat up to medium high and add the sauce. Bring it to a simmer. Combine corn starch with 3T of water (or beef broth) and add it to the sauce. Whisk to your preferred consistency. Let it simmer for 2 minutes.
7. Add vegetables, beef (and any juices) to the pan until heated to the pan until heated through.
8. Serve with noodles or rice.

BENEKER
Family Farms



CITRUS GINGER STIR FRY

SHOPPING LIST

- Salt and Pepper
- Cornstarch (or Flour)
- Vegetable Oil
- Mixed vegetables
(time savings tip:
purchase a bag of
prepared stir-fry
veggies)
- minced garlic
- orange juice
- water (or beef broth)
- Low Sodium Soy Sauce
(or Coconut Aminos)
- Brown Sugar
- Sesame Oil
- Rice or Noodles

SIDE OPTIONS

noodles or rice
fried rice
your stir fry vegetables