



Healthy Steak StirFry

Jacob · 29/09/2024



Prep Time

27 mins

Difficult

Medium

Servings

4

Description

This is one tasty healthy way to enjoy your steaks in a stirfry

Ingredients

- - 1 tablespoon steak sauce - 1 tablespoon reduced-sodium soy sauce - 1 tablespoon rice wine vinegar - 1 tablespoon brown sugar - 1 tablespoon sesame oil
- or to taste - ¼ cup sliced onion - 1 tablespoon minced fresh ginger root - 1 (4 ounce) boneless beef sirloin steak
- thinly sliced - ½ cup broccoli florets - ½ cup sliced fresh mushrooms - 1 clove garlic
- minced (Optional)

Instructions

1. Mix steak sauce
2. soy sauce
3. rice wine vinegar
4. and brown sugar together in a bowl until sauce is smooth. Heat sesame oil in a wok or large skillet over high heat; saute onion and ginger over medium-high heat until onion is lightly browned
5. 2 to 3 minutes. Add steak
6. broccoli
7. mushrooms
8. and garlic; cook
9. stirring occasionally
10. until steak is cooked through and vegetables are soft
11. about 8 minutes. Pour sauce over steak mixture; cook and stir until evenly coated
12. about 2 minutes. Cook's Note: Olive oil can be used in place of the sesame oil
13. if desired.