



BEEF & EGGPLANT STIR-FRY



INGREDIENTS

ITEM

QUANTITY

- Lean Sirloin Steak, thinly sliced 5 Oz.
- Diced Eggplant ½ Cup
- Sliced Green Bell Pepper ¼ Cup
- Thinly Sliced Carrots ¼ Cup
- Sliced Green Onion Tops 2 Tbsps.
- Garlic-infused Olive Oil 1 Tsp.
- Sesame Seeds 1 Tsp.
- Tamari 1 Tbsp.
- Sesame Oil 1 Tsp.
- Rice Vinegar 1 Tsp.
- Pure Maple Syrup 1 Tsp.
- Freshly Grated Ginger 1 Tsp.

SERVING SIZE

1



PREPARATION

- 👉 In a small bowl, whisk together the tamari, sesame oil, rice vinegar, maple syrup, and ginger.
- 👉 Heat the garlic-infused olive oil in a large skillet or wok over medium-high heat.
- 👉 Add the sliced beef and cook for 2-3 minutes, stirring frequently, until browned. Transfer the beef to a plate.
- 👉 Add the eggplant and carrots to the skillet and cook for approximately 3 minutes.
- 👉 Add the green bell pepper and continue cooking for another 2-3 minutes, until the vegetables are tender but still slightly crisp.
- 👉 Return the beef to the skillet.

- 👉 Pour the ginger tamari sauce over the beef and vegetables.
- 👉 Toss everything together and cook for another 1-2 minutes, until the sauce coats the beef and vegetables.
- 👉 Sprinkle with green onion tops and sesame seeds.