



## BEEF & VEGETABLE STIR-FRY



### INGREDIENTS

#### ITEM

#### QUANTITY

- Sirloin Steak, thinly sliced 5 Oz.
- Red Bell Pepper, sliced ½ Cup
- Carrots, thinly sliced ¼ Cup
- Zucchini, sliced ¼ Cup
- Canned Bamboo Shoots, drained and rinsed ½ Cup
- Sliced Green Onion Tops 2 Tbsps.
- Garlic-infused Olive Oil 1 Tsp.
- Tamari 1 Tsp.
- Sesame Oil 1 Tsp.
- Freshly Grated Ginger 1 Tsp.
- Rice Vinegar 1 Tsp.
- Pure Maple Syrup 1 Tsp.

#### SERVING SIZE

1



### PREPARATION

- In a small bowl, whisk together the tamari, sesame oil, ginger, rice vinegar, and maple syrup. Set aside.
- Heat the garlic-infused olive oil in a large skillet or wok over medium-high heat.
- Add the sliced steak in a single layer and cook for 2-3 minutes until browned. Transfer to a plate.
- Add the carrots and cook for 2 minutes, stirring frequently.
- Add the red bell pepper, zucchini, and bamboo shoots and continue cooking for another 3-4 minutes, until the vegetables are crisp-tender.
- Return the steak to the skillet and pour in the ginger tamari sauce.
- Toss everything together and cook for 1-2 minutes, until the sauce lightly coats the beef and vegetables.
- Sprinkle with the sliced green onion tops.