



## Asian Beef Stir-Fry

**Prep: 10 minutes**

**Cook: 18 minutes • Serves: 4**

- 1 envelope (1.25 ounces) beef stir-fry seasoning mix
- 3 tablespoons fresh lime juice
- 1¼ pounds boneless beef sirloin steak or flank steak, sliced ¼-inch thick across the grain
- 1½ tablespoons vegetable oil
- 1 package (14 to 16 ounces) favorite frozen stir-fry vegetable blend
- 3 cups cooked white rice

1. In medium bowl, whisk 3 tablespoons seasoning, lime juice and ¾ cup water.

2. In large bowl, toss steak and remaining seasoning. Heat wok or large skillet over medium-high heat; add oil and heat until shimmering but not smoking. Add steak and cook 4 minutes, stirring frequently; with slotted spoon, transfer the steak to a bowl.

3. In same wok, cook vegetable blend as label directs, stirring frequently; during last 2 minutes of cooking, whisk and add lime juice mixture. Reduce heat to medium; heat to a boil, stirring constantly. Add steak; cook 1 minute or until steak is heated through and sauce is slightly thickened. Makes about 5 cups.

4. Serve stir-fry over rice.

*Approximate nutritional values per serving (1¼ cups stir-fry, ¾ cup rice):  
489 Calories, 11g Fat (3g Saturated), 74mg Cholesterol, 534mg Sodium,  
59g Carbohydrates, 2g Fiber, 6g Sugars, 33g Protein*

### Chef Tips

*Change up the protein in this dish with boneless, skinless chicken breasts, shrimp or tofu for an endless variety of stir-fries.*

*Try serving over Asian-style noodles sprinkled with thinly sliced green onions.*

### Dietitian's Dish

- > Make a nutritious, keto-friendly swap for the brown rice. "Riced" cauliflower or other vegetables are great options without all the carbs.