



Featuring
Chef Darryl Crumb

Eat Like An Athlete

Presented By Manitoba Beef Producers

Stoplight Beef Stir-Fry

The trio of sweet peppers in red, yellow, green was the inspiration for the name of this quick-cooking stir-fry. You can substitute Strip Loin Grilling Steaks for the Top Sirloin if you like – no need to cut them in half to start. Another great, easy to make recipe that is loaded with protein and iron.

Marinade:

2 tbsp (30 mL) sodium-reduced soy sauce 2 cloves garlic, minced
1 lb (500 g) Top Sirloin Grilling Steak, trimmed, about 3/4-inch (2 cm) thick

Sauce:

½ cup (125 mL) sodium-reduced beef or chicken broth 1 tbsp (15 mL) cornstarch
2 tbsp (30 mL) EACH lemon juice, hoisin sauce and packed brown sugar

Stir-Fry:

1 tbsp (15 mL) vegetable oil 1 EACH red, green and yellow sweet peppers, seeded and thinly sliced
2 cup (500 mL) broccoli florets 1 tbsp (15 mL) minced fresh ginger root
3 cloves garlic, sliced ¼ cup (50 mL) toasted slivered almonds, optional

Marinade: Combine soy sauce and minced garlic in medium bowl. Cut steak in half lengthwise and then crosswise into thin strips; toss with marinade to combine. Let stand for 5 to 10 minutes.

Sauce: Meanwhile combine broth, lemon juice, hoisin, brown sugar and cornstarch in small bowl; set aside. Remove beef from marinade and pat strips dry with paper towel (reserving marinade).

Stir-Fry: Heat half the oil in 12-inch (30 cm) non-stick pan over medium-high heat until sizzling. Scatter half the beef strips into pan; cook for 1 to 2 minutes or until browned but still pink inside. Return beef to bowl with marinade; set aside. Repeat with remaining beef.

Heat remaining oil in pan over medium high heat. Add peppers and broccoli; stir-fry for 2 minutes. Add a splash of water; cover and cook until tender-crisp, about 2 minutes. Push veggies to side of pan to clear the centre; add ginger root and garlic to clearing and cook until just fragrant, 15 to 20 seconds. Add sauce, meat and reserved marinade; toss together and heat through until bubbling and sauce thickens slightly. Serve topped with almonds (if desired).



Difficulty: Easy

Preparation: 20 min

Marinating: 5 min

Cooking: 10 min

Makes: 4 servings

Per Serving (281 Calories, 29 g protein, 9 g fat, (2 g saturated fat, 0.2 g trans fat, 61 mg cholesterol), 23 g carbohydrate (3 g fibre), 587 mg sodium, 742 mg potassium. Iron (28% DV), zinc (69% DV) and potassium (21% DV), 24% DV sodium. Excellent source of potassium)

[Recipe Courtesy of Canada Beef](#)



If You Can't Play Like An Athlete You Can Still Eat Like One!

