

Beef and Vegetable Stir Fry

1 clove minced garlic

¼ tsp minced ginger

2 tsp peanut oil

8 oz lean flank steak, sliced

1 c sliced shiitake mushrooms

1 c snow peas or sugar snap peas

1 c shredded carrots

1 c bean sprouts

½ c sliced water chestnuts

2 tbsp Asian stir-fry sauce

Handful peanuts, chopped

Instructions:

Heat garlic and ginger until fragrant. Add steak, veg, water chestnuts.

Stir fry until beef cooked, veg tender, add sauce and peanuts.