



## Sesame Beef Stir-fry

Pork or chicken could also be used in this recipe. The use of brown rice instead of white rice would add some more fiber to the recipe.

### Ingredients:

- 1-pound lean flank steak
- 1 tsp five-spice powder
- 1 tbl dark sesame oil
- 1½ tbl minced peeled fresh ginger
- 3 garlic cloves, minced
- 2 cups red bell pepper strips
- 2 cups yellow bell pepper strips
- ½ cup no-salt-added beef broth
- 3 tbl low-sodium soy sauce
- 1 tbl cornstarch
- 4 cups thinly sliced bok choy
- 1 tbl sesame seeds, toasted
- ¼ tsp salt
- 4 cups hot cooked rice

### Directions:

- Trim fat from steak; rub surface of steak with five-spice powder. Slice steak diagonally across grain into thin strips.
- Heat oil in a large nonstick skillet over medium heat. Add ginger and garlic, and stir-fry 2 minutes. Add beef, and stir-fry 4 minutes. Add bell peppers, and stir-fry 2 minutes. Combine broth, soy sauce, and cornstarch in a small bowl.
- Add to beef mixture. Add bok choy, and cook 1 minute or until bok choy wilts and mixture thickens, stirring constantly.
- Remove from heat, and stir in toasted sesame seeds and salt. Serve over rice.

**Yield:** 4 servings (serving size: 1 cup stir-fry and 1 cup rice)

**Nutritional Information:** Calories 469 (33% from fat); Fat 17.3g (sat 5.6g, mono 6.5g, poly 3.3g); Iron 6.8mg; Cholesterol 57mg; Calcium 132mg; Carbohydrate 48g; Sodium 867mg; Protein 28.4g; Fiber 3.1g

Recipe Source: Cooking Light, OCTOBER 1997

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.