

## Beef Stir Fry *Makes 6—1 cup servings*

- 1 pound round steak, trimmed
- 1 Tablespoon oil
- 1 Tablespoon soy sauce, reduced sodium
- ½ teaspoon garlic powder
- ½ teaspoon cornstarch
- 16 ounces frozen vegetables, any type

1. Preheat oil in large nonstick skillet or wok on high heat.
  2. Slice steak thinly into bite sized pieces. Put in skillet to brown.
  3. Reduce to low heat and simmer for 10 minutes.
  4. Combine soy sauce, garlic powder and cornstarch in small bowl.
  5. Stir in vegetables and soy sauce.
  6. Allow to steam until tender.
  7. Serve over rice.
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