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Asian Beef Stir-Fry Recipe

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ASIAN BEEF STIR-FRY RECIPE

Ingredients

- 1 lb Beef Tenderloin, thinly sliced
- 3 cloves garlic, chopped
- 1/3 cup, plus 3/4 cup Terrapin Ridge Farms Ginger, Miso & Honey Dressing
- 1 onion, sliced thin
- 1 tsp Cayenne Pepper
- 1 Tbsp Vegetable Oil (optional)
- 1/2 cup Broccoli Florets
- 1 Red Pepper, sliced thin
- 2 Tbsp water

Preparation

1. Cook the rice according to package directions.
2. While the rice is cooking, place the meat, 1/3 cup Terrapin Ridge Farms Ginger, Miso & Honey Dressing in a glass bowl, and set aside while preparing the veggies. Place the wok or large saute pan over medium high heat for 1 minute. Add the beef, garlic, Cayenne Pepper and cook the meat for 2 minutes. Remove the meat from the pan and set aside on a plate.
3. Increase the heat on the wok or pan to high, add the oil & onion and stir fry for 2 1/2 minutes (this is optional. I didn't add the oil because of the amount of liquid used to marinate was sufficient). Add the red pepper and broccoli and cook for 2 minutes. Reduce the heat to med high, add water, and cover the pan and cook the vegetables for 1 minute.
4. Remove the lid. Place the beef back in the pan with the vegetables along with the 3/4 cup Terrapin Ridge Farms Ginger, Miso & Honey Dressing. Cook for 1 additional minute. Serve over a bed of steamed rice along with our Savory Wedge Bread Recipe and Cherry Applesauce for a complete meal. Enjoy!

Serves four.



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