

# SPICY ORANGE BEEF WITH BROWN RICE & GREEN BEANS

Yield: 4 Servings (2 cups stir fry, ½ cup rice)



**TOTAL TIME:** 35 minutes

## INGREDIENTS

- 1 cup instant brown rice cooked per pkg. directions
- 1 lb. beef sirloin strips
- 3 Tbsp. water
- 1½ Tbsp. cornstarch
- 1 pkg. (12 oz.) green beans
- 3 Tbsp. vegetable oil, divided
- 2 cloves garlic, minced
- ½ medium (about 8 oz.) white onion, thinly sliced
- 1 medium sweet red pepper, ½-inch dice
- 2.5 oz. sliced shiitake mushrooms
- 1 pkg. (12 oz.) Asian slaw
- Salt and pepper to taste
- ¾ cup Asian Classics General Tso's Spicy Orange Sauce (International Foods)
- 1 green onion, sliced (about 4 Tbsp.)

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## PREPARATION

1. Place beef in small bowl. Add water, 1 Tbsp. at a time, working in with hands until water is absorbed into beef. Sprinkle cornstarch over beef and work in with hands to coat all pieces.
2. Blanch green beans in large pot of boiling salted water 3–4 min. Drain and set aside.
3. Drizzle 2 Tbsp. oil around sides of stir-fry pan; tilt pan to distribute evenly. Heat oil in pan on high until oil faintly smokes. (If oil smokes too much, the pan is too hot.)
4. Add beef to pan, stir fry 4–5 min. Remove beef from pan. Wipe inside pan with paper towel.
5. Drizzle remaining 1 Tbsp. oil around sides of pan; tilt pan to distribute evenly. Heat oil in pan on high until oil faintly smokes.
6. Add garlic and onion to pan. Stir fry 1–2 min. Add pepper and mushrooms; stir fry 2 min. Add blanched beans and slaw to pan. Stir and toss 2 min. Season to taste with salt and pepper.
7. Add beef back to pan along with spicy orange sauce. Stir fry 3 min. until heated through. Serve over rice. Garnish with sliced green onion.

## NUTRITION

**Per serving:** Calories: 540; Fat: 23 g (7 g saturated fat); Cholesterol: 75 mg; Carbohydrates: 80 g; Protein: 31 g; Sodium: 770 mg; Fiber: 7 g.

Recipe courtesy of Wegmans