

Szechuan Beef Stir-Fry

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/beef-stir-fry-recipes>

Ingredients:

- 2 beef ranch steaks cut 3/4 inch thick, about 8 ounces each
- 10 ounces fresh vegetable stir fry blend
- 3 tablespoons water
- 1 clove garlic minced
- 1/2 cup sesame-ginger stir fry sauce prepared
- 1/4 teaspoon crushed red pepper
- 2 cups cooked rice or brown rice, prepared without butter or salt
- 1/4 cup dry roasted peanuts

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 2 grams
3. Fat: 5 grams
4. Fiber: 1 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 30 milligrams

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