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Low Sodium Beef Stir Fry

Serves 4

Ingredients:

- 1½ lbs. skirt steak, cut into 4-inch-long pieces, then cut against the grain into ¼-inch-thick slices
- freshly ground black pepper
- 2 TBSP cup low-sodium soy sauce
- 1 serrano chile pepper, seeded and finely chopped
- 2 tsp sugar
- 2 TBSP freshly squeezed lime juice (1 to 2 limes)
- 2 TBSP olive oil
- 2 garlic cloves, grated
- 1 bunch scallions, thinly sliced
- 6oz. fresh mushrooms, sliced
- ¼ lb. snow peas or green beans
- 1 (12oz) can baby corn, drained
- 1 red bell pepper, thinly sliced (optional)

Preparation:

1. Season the steak with pepper. In a medium bowl, whisk together the soy sauce, chile pepper, sugar and lime juice until the sugar is dissolved. Add the beef, toss to coat and set aside.
2. In a large skillet over medium-high, heat the oil until it shimmers, about 1 minute. Add the beef and cook, stirring, until cooked through, 3 to 5 minutes. Remove the beef from the skillet and set aside.
3. Allow the liquid in the pan to reduce until thickened, about 4 minutes. Add the garlic and scallions and cook for 1 minute. Add the mushrooms and cook for 2 to 3 minutes more. Add the snow peas, baby corn and bell pepper and continue cooking until all the vegetables are crisp-tender, about 2 minutes. Return the beef to the skillet and toss to combine.
4. Serve with jasmine or cauliflower rice.



Food Fairy Note:

Adapted from: *Beef Stir Fry*, courtesy of Trisha Yearwood, Trisha's Table, 2015

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