

## **BEEF AND VEGETABLE STIR FRY**

### **Equipment:**

Measuring Spoons  
Measuring Cup  
4 Qt. Glass or Microwave safe plastic bowl with cover  
Wire Whip  
Wooden Spoon or High Temp Rubber Spatula  
Fine mesh strainer

### **Ingredients:**

1 lb. beef sirloin steak 500 g  
1/4 cup water 50 ml  
1 tbsp cornstarch 15 ml  
1 tsp sugar 5ml  
1 beef bouillon cube 1  
1 tbsp soy sauce or 15 ml magi sauce  
1 clove garlic, minced 1  
4 green onions, sliced 4  
2 stalks celery, sliced 2  
8 mushrooms, sliced 8  
1 green or red pepper, 1 sliced  
4 cups spinach, shredded 1 L  
(5 oz.) (150 g)

### **Procedure:**

1. Beef may be partially frozen to make cutting easier.
2. Cut meat across grain in 4 x 1/4" (10 x 1 cm) strips.
3. In a 3-quart (3 L) shallow casserole, combine beef, water, cornstarch, sugar, and bouillon.
4. Cover and cook at **P7** 2 minutes.
5. Stir, cover and cook at **P4** 3 minutes.
6. Stir in remaining ingredients, except spinach.
7. Cover and cook at **P6** 4 - 5 minutes, or until ingredients are tender.
8. Add spinach and cook at **P6** 2 - 4 minutes.
9. Serve over rice or fine noodles.

### **Chefs Tip:**

For added flavor, brown the meat in a pan on the stove top and use as the recipe states – be sure to deglaze the pan with any liquid in the recipe to extract every bit of flavor.