

## Seasonal Eating

# Beef and Vegetable Stir Fry

Ideas for Using Fresh Produce

1 pound beef steak (sirloin, flank, flatiron, etc.), cut into matchsticks  
2 tablespoons low sodium soy sauce  
1 tablespoon sherry  
2 tablespoons vegetable oil  
1 tablespoon finely chopped ginger root  
1/2 teaspoon red pepper flakes (optional)  
2 carrots, cut into matchsticks  
3 ribs celery, cut into matchsticks  
1/2 onion, cut into matchsticks  
1 red bell pepper, cut into matchsticks  
1 small zucchini, cut into matchsticks  
Cooked rice



### Sauce:

4 1/2 tablespoons low sodium soy sauce  
1 tablespoon rice vinegar  
3 tablespoons sherry  
2 teaspoons sugar  
1 1/2 teaspoons cornstarch

In bowl, combine beef, soy sauce and sherry. In another bowl, combine all ingredients for sauce; set aside. In wok, heat oil to smoking point, add beef and cook until just browned. Remove beef. Add gingerroot, red pepper flakes, carrots, celery, onion, red bell pepper and zucchini to pan, cooking until vegetables are crisp tender (cook half at a time if pan is too crowded). Add the sauce and cooked beef. Cook for a minute until heated through and sauce is slightly thickened. Serve over rice.

**Seasonal Kitchen Produce Pages**  
**Bedford County Farmers Market**  
bedford.tennessee.edu

(Click on Seasonal Eating under the Family Menu)



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