Stir-Fry Beef and Peas

Makes 4 servings at 71¢ each

Ingredients

- 1/2 pound boneless lean round steak
- 2 tsp cornstarch
- 1 Tbsp dry sherry
- 2 Tbsp soy sauce
- 2 Tbsp vegetable oil
- 1 small onion, sliced
- 1 clove of garlic, crushed
- 1/2 tsp finely chopped fresh ginger root
- 1/4 cup chicken broth
- 2 cups Sugar Snap peas, washed and strung

Instructions

1. Place meat in freezer for 30 minutes until firm enough to slice easily. Cut into 1/8-inch slices.
2. Combine cornstarch, sherry and soy sauce in small bowl. Add meat, stirring to coat well. (Can be done ahead to this point and refrigerated.)
3. Heat oil in large skillet or wok; stir-fry beef, onion, garlic and ginger 2 minutes. Stir in broth and peas; cook 2 minutes, until sauce thickens. Serve over hot rice, if you wish.

STIR-FRY BEEF AND PEAS

Makes 4 servings at 71¢ each.

- ½ pound boneless lean round steak
- 2 teaspoons cornstarch
- 1 tablespoon dry sherry
- 2 tablespoons soy sauce
- 2 tablespoons vegetable oil
- 1 small onion, sliced
- 1 clove of garlic, crushed
- ½ teaspoon finely chopped fresh ginger root
- ¼ cup chicken broth
- 2 cups Sugar Snap peas, washed and strung

1. Place meat in freezer for 30 minutes until firm enough to slice easily. Cut into ⅛-inch slices.
2. Combine cornstarch, sherry and soy sauce in small bowl. Add meat, stirring to coat well. (Can be done ahead to this point and refrigerated.)
3. Heat oil in large skillet or wok; stir-fry beef, onion, garlic and ginger 2 minutes. Stir in broth and peas; cook 2 minutes, until sauce thickens. Serve over hot rice, if you wish.

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