

Cheryl's BEEF STRIPS STIR FRY

Tender beef strips, crisp veggies, and savory sauce come together in a quick and flavorful stir fry that's perfect over rice or noodles!



INGREDIENTS

For the Beef & Marinade:

- 1 lb beef strips (sirloin or flank steak)
- 2 tablespoons soy sauce
- 1 tablespoon Worcestershire sauce
- 1 tablespoon olive oil
- 1 teaspoon garlic, minced
- ½ teaspoon black pepper
- 1 teaspoon cornstarch

For the Stir Fry:

- 1 tablespoon olive oil
- 1 small onion, sliced
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 1 yellow bell pepper, sliced
- 2 cloves garlic, minced
- 1 teaspoon fresh ginger, grated (or ½ tsp ground ginger)

Stir Fry Sauce:

- ¼ cup soy sauce
- ¼ cup beef broth
- 1 tablespoon oyster sauce (optional)
- 1 tablespoon hoisin sauce
- 1 teaspoon sesame oil
- 1 teaspoon honey or brown sugar
- 1 tablespoon cornstarch mixed with 2 tablespoons water

Garnish: Green onions, chopped
• Sesame seeds (optional)

INSTRUCTIONS

- 1 Marinate the Beef:** In a bowl, combine beef strips with soy sauce, Worcestershire sauce, olive oil, garlic, black pepper, and cornstarch. Toss well and let marinate for 15–30 minutes.
- 2 Prepare the Sauce:** In a small bowl, whisk together soy sauce, beef broth, oyster sauce (if using), hoisin sauce, sesame oil, honey, and the cornstarch slurry. Set aside.
- 3 Cook the Beef:** Heat 1 tablespoon olive oil in a large skillet or wok over high heat. Add beef strips in a single layer and cook for 2–3 minutes, stir-frying until browned and just cooked through. Remove beef from the pan and set aside.
- 4 Sauté the Veggies:** In the same pan, add a little more oil if needed. Add onion, bell peppers, garlic, and ginger. Stir-fry for 3–4 minutes, until veggies are crisp-tender.
- 5 Combine:** Return the beef to the pan. Pour in the stir fry sauce and stir well to coat everything.
- 6 Thicken the Sauce:** Cook for another 1–2 minutes, stirring constantly, until the sauce thickens and glazes the beef and vegetables.
- 7 Serve:** Garnish with green onions and sesame seeds if desired. Serve hot over steamed rice, noodles, or cauliflower rice.

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CHEF'S TIP

For extra flavor, let the beef come to room temperature before cooking and slice thinly against the grain.



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Ready in about 30 minutes!



PACKED WITH VEGGIES

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