

# Beef and Snow Peas Stir-Fry

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## INGREDIENTS

1/2 pound tender beef steak  
2 tablespoons cornstarch, divided  
3 tablespoons soy sauce, divided  
1 tablespoon dry sherry  
1 clove garlic, minced  
1 cup Uncle Ben's Instant brown rice  
1/4 teaspoon red pepper flakes, crushed  
3/4 cup water  
6 ounces fresh snow peas  
2 tablespoons peanut oil, divided  
1 medium onion, chunked  
salt to taste  
1 medium tomato, chunked



Slice beef across grain into thin strips. For marinade, combine 1 tablespoon each cornstarch and soy sauce with sherry and garlic.

- Add beef; marinate 15 minutes
- Meanwhile, prepare rice according to package directions and keep hot
- Combine remaining cornstarch, soy sauce, red pepper and 3/4 cup water; set aside
- Remove tips and strips from snow peas
- Heat 1 tablespoon oil in wok or large skillet over high heat
- Drain beef; discard marinade
- Add beef and stir-fry 1 minute; remove
- Heat remaining oil in same wok
- Add snow peas and onion
- Sprinkle salt lightly over vegetables and stir-fry 3 minutes
- Add beef, reserved cornstarch mixture and tomato
- cook and stir until mixture boils and thickens and tomato is heated through
- Serve immediately

Serves 4