



Healthy HARVEST

Teriyaki Beef Stir Fry

Ingredients:

- 1 lb lean ground beef
- 1 tbsp canola or peanut oil
- 1 tsp sesame oil
- 2 garlic cloves, minced
- 2 teaspoons freshly minced ginger
- Pepper to taste
- About ½ cup (give or take per preference) teriyaki sauce (I'm using Soy Vay brand)
- Green onions, to top

Feel free to use whatever veggies you want in this! I'll be using the following....

- 1 onion
- 1 red bell pepper
- 1 zucchini
- 8 oz mushrooms
- 1 large carrot

Directions:

1. Heat large skillet over medium heat. Add ground beef and let sear on both sides before breaking up into small pieces, cooking until almost all the way cooked- 8-10 min. Meanwhile, get all your veggies sliced- I like to thinly slice everything- you can dice it, slice it- whatever you fancy!
2. Remove beef from from pan and transfer to a plate- cover and set aside.
3. Add the canola/peanut oil to the pan and the prepared veggies. Saute, stirring every now and then, for 6-8 minutes or so.
4. Add the garlic and ginger, stir well and saute 30-45 seconds, until fragrant.
5. Add the beef back to the skillet along with the sesame oil and the teriyaki sauce. Bring to a slight simmer and cook until sauce is heated through and slightly thickened.
6. Season with pepper to taste (as well as any hot sauce if you like!) and top with green onions before serving.

Pairs lovely with rice or noodles!!