



# Chinese Beef Stir Fry

Crispy vegetables and tasty spices combine to make this a memorable stir fry. Because the sweet potatoes aren't cooked for the usual amount of time, they remain crisp, adding a unique texture. The beef is tasty, when prepared with the corn starch coating, but you can make this vegetarian by leaving it out. With all the textures & flavors, it's a great meal without the meat.

## Ingredients

4 oz. spaghetti pasta  
1/4 lb top round beef  
1/2 cup broccoli florets  
1/2 cup chopped water chestnuts  
1 cup sliced sweet potato  
1/4 cup dried tomato  
8 snow pea pods (remove strings)  
2 tbsp red onion (chopped)

## Seasonings

1 tsp corn starch  
1/4 cup soy sauce  
1 tbsp corn starch  
2 tbsp vegetable oil  
1 tsp grated ginger root  
1/4 tsp pepper  
2 tsp white vinegar  
2 tsp dry MySeeds Chia  
2 tsp brown sugar  
3/4 cup cold water



First, prepare the pasta according to package directions. You can use your favorite type of spaghetti or linguini, whole grain pasta is shown here.

Cut the beef into thin strips and toss the beef in a zip top bag with 1 teaspoon of corn starch. This should lightly coat the meat. In a measuring cup, mix the water, soy sauce, chia, vinegar, pepper corn starch & brown sugar. Stir to combine and heat the wok over high heat. (a skillet will also work) Once wok is hot, coat with the vegetable oil.

Add the beef & ginger to the wok, and stir fry until the beef is brown. Remove the beef and set aside. Add the 2nd tablespoon vegetable oil and coat the wok again. Add all the vegetables and stir fry only until slightly tender. Once tender, add the soy sauce mixture. Stir until sauce thickens (usually about 1 minute) Add the beef back in, then add the drained pasta. Stir to coat thoroughly.

Once mixed, you're ready to serve. Just scoop onto plates and this 1 dish meal is ready. This makes 2 full meal servings.



Sometimes, you can find pre-mixed in a bag as 'vegetable stir fry mix' the broccoli, snow pea pods, (and sometimes carrots) With this easy ready made mixture, groceries are making healthy home cooking even easier for everyone.