

Easiest Beef Stir Fry

2 teaspoons cornstarch	1 cup asparagus sliced into 1" pieces
2 teaspoons soy sauce	1 cup sliced red onion
1 teaspoon brown sugar	1 cup light coconut milk
2 garlic cloves minced	1 Tablespoon lime juice
1 teaspoon grated ginger	1 cup snow peas
1/2 pound buffalo or beef steak sliced into thin 1" pieces	1 cup diced red pepper
canola oil	

Directions:

1. Combine cornstarch, soy sauce, brown sugar, garlic, ginger, and meat in a bowl. Toss well and set aside.
2. Heat 1 teaspoon oil in a large skillet over high heat. Add the meat mixture and sauté until the meat is browned. Remove meat mixture from the pan and set aside.
3. Add 1 teaspoon oil to the empty skillet over high heat. Add the asparagus and sauté lightly for 1 minute. Add the red onion and sauté until the onions are just starting to brown.
4. Add meat mixture, light coconut milk and lime juice. Bring to a simmer.
5. Add snow peas and red pepper. Cook. An additional 30 seconds and serve.

Recipe courtesy of Christina Dimacali, Clean Your Plate Chef Services and Cooking Instruction