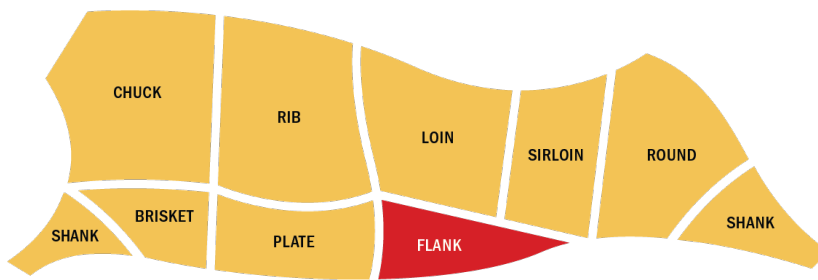


TCL March – Stir it up with Beef Stir-Fry

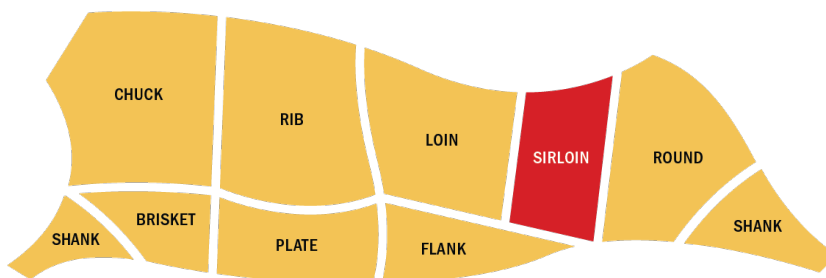
**What's better than a quick and delicious meal? Nothing. That's why there's nothing better than our Stir-Fry recipes. These recipes are quick, easy and will not disappoint!*

Education: {source: <https://www.beefitswhatsfordinner.com/recipes/collection/33366/stir-it-up-with-stir-fry> }

- The recipes in today's show come from a collection of beef stir-fry recipes on beefitswhatsfordinner.com. These are quick, easy and budget friendly recipes that taste fantastic!
- The first recipe includes the Flank Steak: Lean and boneless with lots of intense beef flavor. Best when marinated and grilled or sliced thin and stir-fried.

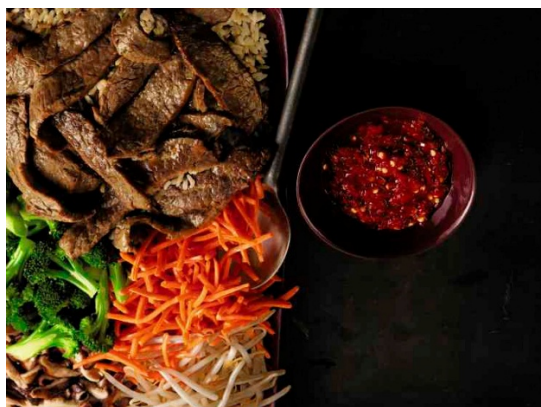


- The second recipe utilizes the Top Sirloin Steak: A flavorful cut that's versatile and juicy. Great served as a steak, in stir-fry or cut into kabobs.



Recipe: Bibimbap-Style Korean-Marinated Flank Steak

**hosts to help assemble recipe*



<https://www.beefitswhatsfordinner.com/recipes/recipe/5438/bibimbap-style-korean-marinated-flank-steak>

Ingredients:

- 1 pound beef [Flank Steak](#)
- Marinade:
- 2 tablespoons minced green onions
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon packed brown sugar
- 1 tablespoons sesame oil
- 2 teaspoons minced garlic
- 2 teaspoons minced fresh ginger
- Hot cooked brown rice
- Korean red chili sauce (Gochujang) (optional)

Vegetables:

- Steamed broccoli florets, sautéed shitake mushrooms, shredded carrots, fresh bean sprouts

Directions:

1. Cut beef steak lengthwise in half, then crosswise into 1/8 to 1/4-inch thick strips. Combine Marinade ingredients in medium bowl. Add beef; toss to coat. Cover and marinate in refrigerator 30 minutes to 2 hours.
2. Heat large nonstick skillet over medium-high heat until hot. Remove beef from marinade; discard marinade. Add half of beef to skillet; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Remove from skillet; keep warm. Repeat with remaining beef.

3. Serve beef over rice and vegetables, as desired. Serve with chili sauce, if desired.

Kelly's Tips:

1. **Flank Steak:** While flank steak can be tough, when prepared and cooked well, it's one of the most flavorful. It's ideal for marinades and is quick to cook. Pro tip: slicing against the grain keeps it tender and delicious. Perfect for stir frying or grilling.
2. One-half cup prepared Korean barbecue sauce (bulgogi) may be substituted for marinade ingredients. Korean barbecue sauce is available at Asian markets and the Asian section of most supermarkets.
3. **Not familiar with Korean Red Chili?** Also known as gochugaru, it is a coarsely ground chili pepper that has vibrant flavor and a medium spice. A little bit smoky, a little bit sweet, it's a key ingredient in Kimchi, stews, marinades and sauces. Serve on the side

Recipe: Asian Beef Stir-Fry



<https://www.beefitswhatsfordinner.com/recipes/recipe/421/asian-beef-stir-fry>

Ingredients:

- 1 beef [Top Sirloin Steak](#) Boneless (about 1 pound), cut 1 inch thick
- 4 cups assorted fresh vegetables, such as sugar snap peas, broccoli florets, bell pepper and carrot strips
- 1 teaspoon minced garlic
- 1/2 cup prepared stir-fry sauce
- 1/8 to 1/4 teaspoon crushed red pepper
- 2 cups hot cooked rice
- 2 tablespoons unsalted dry-roasted peanuts (optional)

Directions:

1. Cut beef Steak lengthwise in half, then crosswise into 1/4-inch thick strips.
2. Combine vegetables and 3 tablespoons water in large nonstick skillet. Cover and cook over medium-high heat 4 minutes or until crisp-tender. Remove and drain.

3. Heat same pan over medium-high heat until hot. Add half of beef and half of garlic; stir-fry 1 to 2 minutes or until internal temperature of 145°F for medium rare as measured by a meat thermometer. Remove. Repeat with remaining beef and garlic.
4. Return all beef and vegetables to pan. Add stir-fry sauce and crushed red pepper; heat through. Serve over rice. Sprinkle with peanuts, if desired.

Kelly's Tips:

1. Substitute for other beef cuts. Top sirloin can be swapped with petite sirloin steak, strip steak or beef chuck petite tenders.
2. **Prepared Stir-Fry Sauce:** Typically contains soy sauce, ginger, sugar, honey vinegar and citrus. Commonly used in Asian stir fries. There are great options in the Asian section of the supermarket or stir-fry sauce recipes online.
3. **Cooked Rice:** In this instance, use rice that's been prepared in advance, or buy pre-cooked rice at the store. A great time saver!