

DASH EATING PLAN

# Stir-Fried Orange Beef

HEALTHY EATING, PROVEN RESULTS

Delicious over brown rice or Asian-style soba noodles, this tangy orange-flavored beef with crisp vegetables goes well with a cold glass of 1% milk.

Delicious heart healthy recipes are as good for your heart as they are for your taste buds! The [Heart Healthy Eating webpage \(healthyeating.nhlbi.nih.gov\)](http://healthyeating.nhlbi.nih.gov) features this recipe and more than 100 others created for the National Heart, Lung, and Blood Institute (NHLBI). Along with heart healthy recipes from cuisines around the world, there is plenty of information about food shopping, cooking, and eating healthfully for the entire family.

**DASH EATING PLAN**

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to [www.nhlbi.nih.gov/DASH](http://www.nhlbi.nih.gov/DASH).



National Heart, Lung, and Blood Institute

# Stir-Fried Orange Beef

Number of servings from each DASH Food Group in the suggested meal featuring this recipe

2

Grains

1 $\frac{2}{3}$

Vegetables

0

Fruits

1

Dairy

3

Meats, Fish, and Poultry

0

Nuts, Seeds, and Legumes

$\frac{3}{4}$

Fats and Oils

0

Sweets and Added Sugars

## INGREDIENTS

- 1 bag (12 oz) frozen stir-fry vegetables
- 1 tbsp peanut or vegetable oil
- 1 tbsp onion, minced (or  $\frac{1}{2}$  tbsp dried)
- 1 tbsp garlic, minced (about 2–3 cloves)
- 1 tbsp ginger, minced
- 1 egg white, lightly beaten (or substitute liquid egg white)
- 2 tbsp cornstarch
- 12 oz beef flank steak, sliced into thin strips
- 3 tbsp Hoisin sauce
- 1 tbsp lite soy sauce
- $\frac{1}{2}$  cup orange juice
- 1 tbsp dry sherry (optional)

## DIRECTIONS

- 1 Thaw frozen vegetables in the microwave (or place entire bag in a bowl of cold water for about 30 minutes). Set aside until step 7.
- 2 Put egg white in one bowl and cornstarch in another. Dip steak strips into egg white and then coat with cornstarch.
- 3 Heat oil in a large wok or sauté pan.
- 4 Add onion, garlic, and ginger and stir fry until tender but not brown, about 30 seconds to 1 minute.
- 5 Add steak strips to pan and continue to stir fry until steak strips are lightly browned, about 5–8 minutes.
- 6 Add Hoisin sauce, soy sauce, orange juice, and sherry (optional), and bring to a boil over high heat. Immediately lower temperature to a gentle simmer.
- 7 Add the thawed vegetables and mix gently. Simmer until vegetables are heated through, about 3–4 minutes.
- 8 Divide mixture into four equal portions (about 2 cups each) and serve.

## MAKES 4 SERVINGS

**Each serving provides** 261 calories, 9g total fat, 2g saturated fat, 28mg cholesterol, 418mg sodium, 23g protein, 23g carbohydrates, 648mg potassium, 3g total fiber.



**Prep time**  
10 minutes

**Cook time**  
20 minutes

**Yields**  
4 servings

**Serving Size**  
2 cups meat and vegetables

**TIP** *Delicious over rice or Asian-style noodles (soba or udon) with a cold glass of 1% milk.*