

Garlic Beef Stir-Fry

2 cups cooked brown rice 2 tbsp low sodium soy sauce
1 tbsp cornstarch 1 tsp ground ginger
1/3 cup Italian dressing 5 cups cut-up fresh vegetables
3 cloves garlic, minced
3/4 lb lean beef, well trimmed cut into thin strips

1. Prepare rice according to package directions
2. Stir together cornstarch, 1 tablespoon of dressing, and garlic in a bowl; mix well. Add beef strips, and stir to coat.
3. Lightly coat large nonstick skillet with cooking spray. Heat on medium-high heat.
4. Add beef; cook and stir for 5 minutes or until beef is cooked through. Remove from skillet; cover meat to keep warm.
5. Add vegetables, remaining dressing, soy sauce, and ginger to skillet. Cook and stir about 10 minutes until vegetables are crisp tender.
6. Return beef to skillet. Cook, stirring occasionally, for 1 minute or until beef is heated through and sauce is thickened. Serve over rice.