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Stir-Fried Orange Beef

- 1 Bag (12 oz) frozen vegetable stir-fry
- 1 Tbsp peanut or vegetable oil
- 1 Tbsp onion, minced (or ½ 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
- 1/2 Cup orange juice
- 1 Tbsp dry sherry (optional)

- 1) Thaw frozen vegetables in the microwave (or place entire bag in a bowl of hot water for about 10 minutes). Set aside until step 7.
- 2) Heat oil in a large wok or sauté pan.
- 3) Add onion, garlic, and ginger and stir fry until tender but not brown, about 30 seconds to 1 minute.
- 4) Put egg white in one bowl and cornstarch in another. Dip steak strips into egg white and then coat with cornstarch.
- 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