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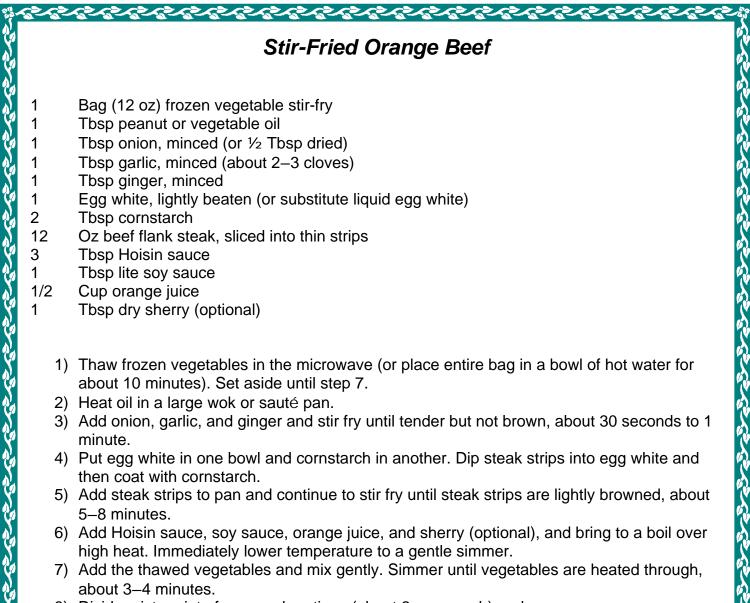
## Veterans-For-Change

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- 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