

Teriyaki Beef Stir-Fry

Yield: 6 servings

Ingredients:

- 1 pound flank steak
- 1/4 cup soy sauce
- 1/4 cup water
- 2 tablespoons honey
- 4 cloves garlic, minced
- 1/2 teaspoon ginger
- 1 teaspoon oil
- 1 onion, chopped
- 2 cups chopped broccoli
- 1 green bell pepper, chopped
- 1 tomato, chopped



Directions:

Trim fat from beef. Cut into strips. (It is easiest to partially freeze the beef before slicing. It makes it so much easier - or thaw just to the point where it can be cut easily.)

Combine soy sauce, water, honey, ginger and garlic in a shallow dish. Add meat and turn to coat. Cover, and refrigerate overnight.

Add oil to a wok or stir fry pan at medium high heat. Add steak and vegetables, except for tomato, and cook for 3 to 5 minutes.

Add tomato and cook for an additional 3 minutes or until done.