



Rabbi's Beef Stir Fry

**WATCH THE VIDEO TO SEE HOW IT'S DONE!
LINKS ON PG 2**

Ingredients

- 1 - 2 lbs beef strips
- 1 large or 2 small onions
- 1/2 lb mushrooms
- 2 carrots
- 2 zucchini (Opt)
- 1 stalk broccoli (Opt)
- 1 red pepper
- 1/2 cup cashews
- 1-2 cups rice

FOR MARINADE

- 1 cup red wine
- 1/4 cup soy sauce
- 2 Tbls brown sugar
- 1 Tbls onion powder
- 1 Tbls garlic powder
- 2 Tbls corn starch

Substitutions

- Meat: Pepper steak or other meat/poultry
- Nuts: Peanuts

Directions

Cut meat into medium sized portions.

Mix the ingredients for the marinade in a bowl and add the meat. Let it soak while chopping up the vegetables in strips or dices. Keep each of the vegetable in their own separate bowl.

Heat oil in large frying pan and add the onion pieces to simmer on LOW heat. Stir occasionally.

Make rice according to your taste.

When onions are soft, add mushrooms and peppers, and broccoli, stirring occasionally. After about 15 minutes add carrots. About 10 minutes later add the zucchini. Cook everything for an additional 10 minutes.

Drain the meat in a strainer over a bowl or a small pot to keep the marinade. Gently bring the marinade to a boil and simmer on low.



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Pour the vegetables from the pan into the strainer and allow the oil to drain.

Raise the heat under the frying pan, and quickly brown the meat, turning it over so it browns on all sides. Add the vegetables back to the pan, Add the nuts, and allow to simmer for about 10 minutes.

Meanwhile take the marinade off the fire. Stir 2 Tbsp of corn starch into half a cup of water, add the marinade and stir well. Turn off the fire and add to the pan, stir the meat and vegetables. Serve over rice

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office@chabadgsb.com