



Recipes

Meat and Poultry

Beef and Arugula Stir-Fry

Prep Time: 10 minutes

Cooking Time: 15 minutes

Yield: 4 servings

Ingredients:

- 1/2 pound sirloin, cut into 2"x1/8" strips
- 1-2 bunches arugula, well washed
- 2 red bell peppers, cut into very thin strips
- 1 clove garlic, minced
- 1 tablespoon fresh ginger, minced
- 2 teaspoons kuzu
- 2 tablespoons tamari
- 2 tablespoons rice or cider vinegar
- 1/4 cup water

Directions:

1. Stir-fry the beef in a pan with 2 teaspoons of oil over medium-high heat for about 2 minutes or until browned.
2. With tongs or a fork, remove beef, allowing excess oil to drip off, set aside.
3. With remaining oil, stir-fry ginger and garlic for a few minutes, then add the bell pepper. Cook for 2-3 minutes.
4. In a serving bowl mix together the fresh arugula and the bell pepper mixture.
5. In a small bowl combine kuzu, tamari, vinegar, and 1/4 cup of water. Place in a skillet and cook on medium heat until sauce starts to thicken. Return the beef to the skillet and cook for 1 minute, just to warm up the beef.
6. Add the beef to the serving bowl with the arugula and bell peppers. Mix and serve warm.

Variations:

Try other types of greens such as dandelion, watercress, mustard greens or broccoli rabe.