

Citrus Sesame Beef Stir Fry

Makes 6 servings

1 pound Flat Iron Steak, cut into thin strips
1 cup orange juice
¼ cup soy sauce
1 ½ teaspoons ground ginger
1 teaspoon garlic powder
½ teaspoon red pepper flakes
1 tablespoon canola oil
4 teaspoons toasted sesame seeds, divided
2 teaspoons minced garlic
1 teaspoon fresh ginger, minced
2 cups broccoli florets
2 cups sugar snap peas
2 cups red bell pepper, sliced
1 cup carrots, thinly sliced
1 cup onion, sliced
1 tablespoon cornstarch
1 tablespoon sugar
Hot cooked rice – Optional



1. In a small bowl, combine orange juice, soy sauce, ground ginger and pepper flakes. Pour half of marinade into a gallon Ziploc bag and reserve other half in a bowl. Add meat to the Ziploc bag with the marinade. Place in refrigerator for 15 minutes.
2. In a large skillet, heat oil on high heat. Sauté beef, minced garlic, minced ginger and 3 teaspoons of sesame seeds for about 3 minutes, or until beef is browned. Remove beef from skillet and keep warm. Add vegetables to skillet and cook until crisp-tender; about 3-5 minutes.
3. Add cornstarch and sugar to reserved marinade. Stir well. Add to skillet and bring to a boil. Return beef to skillet, stir and heat through. Top with remaining sesame seeds.
4. Serve over hot rice, if desired.

Entered and demonstrated at the What's For Dinner Beef Cookoff at the Kansas State Fair by:

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