

Italian Beef Stir Fry

Ingredients:

- 1/2 pound beef tip round, steak, partially thawed
- 8 ounces whole wheat pasta
- 2 cloves garlic
- 1/4 teaspoon black pepper
- 8 ounces mushrooms, sliced, fresh or canned
- 4 medium tomatoes
- 1 teaspoon parsley
- 1 tablespoon olive oil
- 1/4 cup fat-free Italian salad dressing
- 1 tablespoon parmesan cheese, grated

Equipment:

- Cutting board
- Knife
- Large Saucepan
- Non stick skillet
- Measuring cups
- Measuring spoons
- Can opener
- Spatula

Number of Servings: 4
 Prep Time: 20 minutes
 Total Time: 20 minutes

Directions

1. Place beef in freezer for 30 minutes to make slicing easier.
2. Cook pasta according to package directions. Drain cooked pasta and keep warm.
3. While beef is in freezer, place garlic cloves on a cutting board, and lay flat part of knife on top. Use heel of hand and slap knife to break the tough skin of clove. Peel off skin, and chop garlic into small pieces.
4. Rinse mushrooms off under cool water and use a soft vegetable brush to remove any dirt, and pat dry. Remove stem. Lay tops on cutting board with the gill side up. Slice across top into 1/8th inch slices. Set aside.
5. Wash tomato. Cut in half through the core. Use a paring knife to remove core. With flat side down, slice into strips keeping the tomato together. Turn ¼ and slice again to dice. Set aside.
6. Prepare noodles according to package directions. Drain and keep warm until ready to use.
7. With very sharp knife, cut beef into thin diagonal slices. Heat oil in large nonstick skillet over medium-high heat. Place half of beef strips in skillet and stir-fry 1 minute or until outside surface is no longer pink. Do not overcook. Remove to warm platter. Stir-fry the rest of the beef with the sliced or crushed garlic cloves. Remove to warm platter. Sprinkle with black pepper. Cover with foil and a towel to keep warm.
8. In same skillet, add mushrooms and stir-fry for 2 minutes. Add tomatoes and Italian dressing to skillet along with cooked beef. Heat through.
9. Spoon beef mixture over hot pasta. Sprinkle with cheese and parsley. Serve immediately.

For more recipes, please visit:
www.fcs.ext.vt.edu/recipes



Nutrition Facts

Serving Size: 2 cups	
Servings: 4	
Amount Per Serving	
Calories 395	Calories from Fat 117
%Daily Value*	
Total Fat 13g	19%
Saturated Fat 4g	19%
Cholesterol 38mg	13%
Sodium 284mg	12%
Total Carbohydrate 53g	18%
Dietary Fiber 7g	27%
Protein 22g	44%
Vitamin A 16%	Vitamin C 44%
Iron 25%	Calcium 6%
*Percent Daily Values are based on a 2,000 calorie diet.	

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