

## **Quick Beef Stir-Fry**

Quick and easy. I make this on my busiest weeknights.

**Prep:** 15 mins

**Cook:** 10 mins

**Total:** 25 mins

**Servings:** 4

**Yield:** 4 servings

### **Ingredients**

1 tablespoons vegetable oil

1 pound beef sirloin, cut into 2 inch strips

1 ½ cups fresh broccoli florets

1 red bell pepper, cut into match sticks

2 medium carrots, thinly sliced

1 green onion, chopped

1 teaspoon minced garlic

2 tablespoons soy saice

2 tablespoons sesame seeds, toasted, if wanted

### **Directions**

#### **Step 1**

Heat vegetable oil in a large wok or frying pan over medium high heat; cook and stir beef until browned, 3 to 4 minutes. Move beef to the side of the wok and add broccoli, bell pepper, carrots, green onion, and garlic to the centre of the wok. Cook and stir vegetables for two minutes.

#### **Step 2**

Stir beed into vegetables and season with soy sauce and sesame seeds. Continue to cook and stir until vegetables and tender, about 2 more minutes.