

Cashew Beef Stir-fry

2 tablespoons cornstarch	½ teaspoon pepper
2 cups cold water	2 medium green peppers cut into strips
4 tablespoons soy sauce divided	2 medium sweet red peppers cut into strips
1 bunch broccoli, chopped	2 medium onions, halved and sliced
3 medium carrots, julienned	1 yellow summer squash, sliced
2 tablespoons canola oil, divided	1 – ½ cup salted cashews
1 pound boneless beef sirloin steak, cut into thin strips	1 – 3 cup boil in bag white rice
3 garlic cloves, minced	

DIRECTIONS:

In a small bowl, combine the cornstarch, water and 2 tablespoons soy sauce until smooth; then set mixture aside. In a very large skillet or a wok, stir-fry broccoli and carrots in 1 tablespoon of oil until vegetables begin to soften. Add the beef, garlic, pepper and remaining soy sauce; stir-fry until meat is no longer pink. Remove and keep warm.

In the same pan, stir-fry the green and red peppers, onions and squash in remaining oil until crisp tender. Return beef to the pan. Stir cornstarch mixture and add to the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in cashews. Serve with cooked white rice.

Yield 7 servings.

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Junior - Main Dish