

Beef Stir Fry

Ingredients

Stir fry:

- 1¹/₂ Tbsp sesame cooking oil
- 2 lbs ground beef (*90% lean*)
- 1 yellow onion, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 carrot, washed and grated
- 32 oz. broccoli
- salt and pepper to taste

Sauce:

- 1/4 cup low sodium soy sauce
- 2 Tbsp rice vinegar
- 70 g brown sugar
- 1.5 tsp xanthan gum (*optional, can be found in HEB bulk section*)
- 3 tsp toasted sesame oil
- 5 garlic cloves, minced (*3 tsp*)
- 15 g ginger, minced (*2 tsp*)
- 1/2 tsp chili flakes

Garnish:

- sesame seeds (*optional*)

Jasmine Rice:

- 1¹/₂ cups jasmine rice, washed
- 2 cups water
- salt to taste

Instructions

Rice:

1. Put the rice and water into a rice cooker and start that hoe.

Sauce:

1. Mix the toasted sesame oil and xanthan gum, making sure to leave no clumps.
2. Mix all the sauce ingredients together, adding the xanthan gum mixture last and stirring vigorously.

Stir fry:

1. Fry the onion until soft.
2. Add beef and cook until browned, seasoning with salt and pepper.
3. Add veggies and cook until just softened.
4. Add sauce and cook until reduced.
5. Add sesame seeds. (*optional*)
6. Adjust seasoning as necessary.

Notes

I made a few changes from the original.

Links:

1. [Original YouTube Recipe](#)