

# Beef Stir Fry with Vegetables (30-Minutes)

Beef Stir Fry with Vegetables is an easy, healthy, and versatile dish that's perfect for a busy weeknight dinner.

With tender slices of beef, a colorful medley of vegetables, and a savory-sweet sauce, it offers both nutrition and flavor in every bite.

PREP TIME		COOK TIME		TOTAL TIME
15 mins		15 mins		30 mins
COURSE		CUISINE		SERVINGS
Main Course		Asian, Chinese		4 Servings
CALORIES		375 kcal		

## INGREDIENTS

- 1 lb 450g beef (flank steak, sirloin, or ribeye), thinly sliced
- 2 tablespoons soy sauce
- 1 tablespoon hoisin sauce
- 1 tablespoon sesame oil
- 1 tablespoon honey
- 2 garlic cloves minced
- 1 teaspoon fresh ginger grated
- 2 tablespoons vegetable oil for stir frying
- 1 bell pepper thinly sliced
- 1 cup broccoli florets
- 1 carrot julienned
- ½ cup snap peas ends trimmed
- 2 green onions chopped (for garnish)
- 1 tablespoon sesame seeds optional, for garnish
- Steamed rice optional, for serving

## INSTRUCTIONS

### Prepare the Beef:

1. Thinly slice the beef against the grain for maximum tenderness. If you have time, marinate the beef in soy sauce, garlic, and ginger for 15–30 minutes for added flavor.

### Make the Sauce:

1. In a small bowl, whisk together 2 tablespoons soy sauce, hoisin sauce, sesame oil, honey, minced garlic, and grated ginger. Set aside.

### Heat the Pan:

1. Heat 1 tablespoon of vegetable oil in a wok or large skillet over medium-high heat. Once hot, add the beef in a single layer. Let it sear for 2-3 minutes without stirring, so it forms a nice crispy crust. Once seared, remove the beef and set it aside.

### Stir-Fry the Vegetables:

1. In the same pan, add the remaining tablespoon of vegetable oil. Add the carrots, bell pepper, and broccoli. Stir-fry for about 3-5 minutes until the vegetables start to become tender but still crisp.

### Add the Snap Peas:

1. Add the snap peas to the pan and continue stir-frying for another 2-3 minutes.

### Combine the Beef and Sauce:

1. Return the beef to the pan along with the pre-made sauce. Stir everything together, making sure the beef and vegetables are evenly coated. Let it cook for another 1-2 minutes, allowing the sauce to thicken slightly.

### Serve:

1. Remove from heat and garnish with chopped green onions and sesame seeds, if desired. Serve over steamed rice or enjoy it on its own.

KEYWORD  
Beef Stir Fry with Vegetables