



ZESTY BEEF STIR-FRY

NIBBLEDISH CONTRIBUTOR

Ingredients

1 1/2 lbs. flank steak, cut in half lengthwise

2 tbsp. vegetable oil

4 cups cut-up vegetables such as broccoli florets, carrot slices and pepper strips

1 tbsp. grated peeled ginger root

1 tsp. minced garlic

1 (12 oz.) jar prepared au jus or brown gravy

1/4 cup FRENCH'S® Classic Worcestershire Sauce

Instructions

SLICE meat thinly across the grain. Heat 1 tbsp. oil in large nonstick skillet or wok over high heat. Stir-fry beef in batches until browned, about 10 min. Remove from skillet.

STIR-FRY vegetables, ginger and garlic in remaining 1 tbsp. oil for 3 to 5 min. until vegetables are crisp-tender. Return beef to skillet.

STIR in gravy and Worcestershire. Cook until sauce thickens slightly and flavors are blended. Serve over cooked rice, if desired.
