



Heart & Home
Wellness Table Series



**Ronald McDonald
House Charities®**
Central Ohio

Spicy Beef Stir Fry

Bring bold flavor to the table with this beef stir fry—tender sirloin, crisp veggies, and a fiery coconut-lime sauce make it a quick, restaurant-worthy meal any night of the week. Serve it over rice or noodles, or toss in extra veggies for a customizable dish that's as nutritious as it is delicious.

Active Time: 20 Mins | Total Time: 25 mins | Servings: 4



NUTRITION NOTES

- Lean and protein-rich, **beef sirloin** helps fuel your body with essential amino acids for muscle repair and growth. It's also a great source of iron and B vitamins—especially B12—which support energy, nerve function, and red blood cell production.
- Vibrant and naturally sweet, **bell peppers** are bursting with vitamin C and antioxidants that promote healthy skin and a strong immune system. They also provide fiber and carotenoids that support eye health and reduce inflammation.
- Known for both its bold flavor and health benefits, **garlic** contains powerful compounds that may help lower blood pressure, support heart health, and strengthen immune defenses when consumed regularly.
- Packed with vitamins A, C, and K, **spinach** is a powerhouse leafy green that supports strong bones, healthy vision, and immune health. Its fiber and antioxidant content also contribute to better digestion and reduced inflammation.

Spicy Beef Stir Fry

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Courtesy of:



INGREDIENTS

- 1 pound beef top sirloin steak, cut into thin strips
- 1 table spoon minced fresh gingerroot
- 3 garlic cloves, minced, divided
- 1/4 teaspoon pepper
- 3/4 teaspoon salt, divided
- 1 cup light coconut milk
- 2 tablespoons sugar
- 1 tablespoon Sriracha chili sauce
- 1/2 teaspoon grated lime zest
- 2 tablespoons lime juice
- 2 tablespoons canola oil, divided
- 1 large sweet red pepper, cut into thin strips
- 1/2 medium red onion, thinly sliced
- 1 jalapeno pepper, seeded and thinly sliced
- 4 cups fresh baby spinach
- 2 green onions, thinly sliced
- 2 tablespoons chopped fresh cilantro

INSTRUCTIONS

1. In a large bowl, toss beef with ginger, 2 garlic cloves, pepper and 1/2 teaspoon salt; let stand 15 minutes. Meanwhile, in a small bowl, whisk coconut milk, sugar, chili sauce, lime zest, lime juice and remaining 1/4 tsp. salt until blended.
2. In a large skillet, heat 1 tablespoon oil over medium-high heat. Add beef; stir-fry until no longer pink, 2-3 minutes. Remove from pan.
3. Stir-fry red pepper, red onion, jalapeno and remaining clove of garlic in remaining 1 Tbsp. oil just until vegetables are crisp-tender, 2-3 minutes. Stir in coconut milk mixture; heat through. Add spinach and beef; cook until spinach is wilted and beef is heated through, stirring occasionally. Sprinkle with green onions and cilantro.

Nutrition Profile: High-Protein | Dairy-Free | Nut-Free | Soy-Free | Low-Carb | Gluten-Free | Low-Calorie

NUTRITION FACTS *(per serving)*

Servings Per Recipe: 4 | Serving Size: 3/4 cup | Calories: 312

- Total Carbohydrate - 15g
- Fiber - 2g
- Total Sugars - 10g
- Protein - 26g
- Total Fat - 16g
- Saturated Fat - 5g
- Cholesterol - 46mg

**Nutrition information provided directly by Taste of Home and reflects values listed at the time of publication. Recipe sourced from: www.tasteofhome.com*