

## BEEF & CABBAGE STIR-FRY WITH PEANUT SAUCE

from [eatingwell.com](http://eatingwell.com)

(4 servings)

### Ingredients

- 1/4 cup smooth natural **peanut butter**
- 1/3 cup **orange juice**
- 3 Tbsp reduced-sodium **soy sauce**
- 1 Tbsp **rice vinegar**
- 2 tsp **sugar**
- 4 tsp **canola oil**, divided
- 3 cloves **garlic**, minced
- 1 lb **sirloin steak**, trimmed and thinly sliced (see **TIP**)
- 1 small head **savoy cabbage**, thinly sliced
- 2-5 Tbsp **water**
- 2 medium **carrots**, grated
- 1/4 cup chopped unsalted **roasted peanuts** (*optional*)

### Preparation

- 1.** Whisk peanut butter, orange juice, soy sauce, vinegar and sugar in a medium bowl until smooth.
- 2.** Heat 2 teaspoons oil in a wok or large skillet over medium-high heat. Add garlic and cook, stirring, until fragrant, 30 seconds. Add steak and cook, stirring, until browned and barely pink in the middle, 2 to 4 minutes. Transfer to a bowl.
- 3.** Reduce heat to medium. Swirl in the remaining 2 teaspoons oil. Add cabbage and 2 tablespoons water; cook, stirring, until beginning to wilt, 3 to 5 minutes. Add carrots (and more water if necessary to prevent sticking or burning) and cook, stirring, until just tender, about 3 minutes more. Return the steak and any accumulated juices to the pan, then pour in the peanut sauce and toss to combine.
- 4.** Serve sprinkled with peanuts (*if using*).

**TIP:** For thinly sliced beef, freeze for 30 minutes to make it easier to cut into very thin slices.

People with celiac disease or gluten-sensitivity should use soy sauces that are labeled "gluten-free," as soy sauce may contain wheat or other gluten-containing sweeteners and flavors.