



Dept. of Health Education  
Tufts University

# BEEF AND CABBAGE STIR-FRY W/ PEANUT SAUCE

40 minutes

4 Servings

## Ingredients:

- ¼ c. natural peanut butter
- 1/3 c. 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 & thinly sliced
- 1 sm. head Savoy cabbage, thinly sliced
- 2-5 Tbsp. water
- 2 med. carrots, grated
- Rice noodles or udon noodles

## Directions:

- Whisk peanut butter, orange juice, soy sauce, vinegar, and sugar in a bowl until smooth
- Heat 2 tsp. oil in pan on medium-high heat. Add garlic, followed by steak, and cook until mostly browned, then put into a separate bowl.
- Turn heat to medium and add cabbage and 2 tsp. water, cooking until cabbage starts to wilt
- Add carrots, more water (if sticking to pan), steak, and sauce. Stir and serve with rice or udon noodles.



Photo by Ken Burris

**Benefits:** Cabbage is rich in antioxidants and anti-inflammatory compounds, both of which may be protective against cancer. Natural peanut butter is a healthy source of polyunsaturated fat.

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<http://sites.tufts.edu/balanceyourlife/> and <http://ase.tufts.edu/healthed/balance.htm>