

Foster's Body & Paint

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Asparagus beef stir-fry

Ingredients:

- 1 lb lean ground beef
- 2 cups cut fresh asparagus (1 inch pieces)
- 1 can (8 oz) sliced water chestnuts, drained
- 1 package (5 oz) sliced fresh shiitake mushrooms
- 1 tsp minced garlic
- 2 tsp sesame oil
- 2 Tblspn corn starch
- 1 ½ cups beef broth
- 1/3 cup hoisin sauce
- 2 Tblspn reduced-sodium soy sauce
- 2 tsp minced fresh gingerroot
- 1 large tomato, chopped
- Hot cooked rice, optional



Preparations:

- 1.) In a large skillet or wok, cook beef over medium heat until no longer pink; drain and set aside. In the same pan, stir-fry the asparagus, water chestnuts, mushrooms and garlic in oil for 5 minutes or until crisp-tender.
- 2.) In a small bowl, combine the cornstarch, broth, hoisin sauce, soy sauce and ginger until blended; pour over vegetables. Return beef to the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from heat; stir in the tomato. Serve with rice if desired.

Makes 4 servings

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