Savory Beef and Green Bean Stir Fry

Tender strips of beef stir-fried with crisp green beans in a flavorful soy sauce glaze—perfectly balanced for a high-protein, low-carb meal.

Servings: 2 **Time:** 20 minutes

Ingredients

- 8 oz beef sirloin, thinly sliced
- 6 oz fresh green beans, trimmed
- 2 tbsp soy sauce (low sodium)
- 1 tbsp olive oil
- 1 tsp minced garlic
- 1 tsp minced ginger
- 1/4 tsp black pepper
- 1/2 tsp sesame oil (optional)
- 1 green onion, sliced (optional for garnish)

Instructions

1. Heat olive oil in a skillet over medium-high heat.
2. Add minced garlic and ginger, sauté for 30 seconds until fragrant.
3. Add beef strips and cook for 3-4 minutes until browned, stirring frequently.
4. Add green beans and stir fry for 4-5 minutes until crisp-tender.
5. Pour in soy sauce and black pepper, mixing well to coat all ingredients.
6. Drizzle sesame oil on top if using, then remove from heat.
7. Garnish with sliced green onion before serving.

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