



STIR-FRY WITH SPROUTED MUNG BEANS

Ingredients

- 1–2 striploin steaks, thinly sliced
- 1 cup sprouted mung beans
- Assorted vegetables (see Notes)
- 2 cloves garlic, minced
- 1 tsp fresh ginger, grated
- ¼ cup broth (chicken, vegetable, or beef)
- 2–3 tbsp tamari soy sauce or coconut aminos
- 1 tbsp balsamic vinegar
- water chestnuts (optional)
- Oil (for sautéing)

Instructions

1. Heat oil in a wok or skillet over medium-high heat. Sauté sliced striploin until browned, 4–5 minutes.
2. In the same pan, stir-fry vegetables until softened, about 4–5 minutes.
3. Add garlic, ginger, broth, tamari, coconut aminos, and balsamic vinegar.
4. Stir in mung bean sprouts and water chestnuts (if using). Cook for 2–3 minutes until veggies are tender and sauce thickens.

Notes

- Refer to Karen's Weekly Meal Plan for detailed instructions on sprouting mung beans.
- Use any combination of mushrooms, peppers, onion, broccoli, bok choy, or celery.
- Swap striploin steak for chicken, shrimp, or a different protein choice.

