

Ingredients

Preparation time: 45 minutes

Servings: 4

Cost: \$\$

For the Marinade:

- 1 cup unsweetened pineapple juice
- ¼ cup chicken or beef broth
- 2 Tbsp. brown sugar
- 2 Tbsp. soy sauce
- ¼ tsp. cayenne pepper
- 2 Tbsp. cornstarch

For the Stir-Fry:

- 1 lb. beef top sirloin, cut into thin strips
- 1½ tsp. olive oil
- 2 large carrots, thinly sliced
- 1 small onion, thinly sliced
- 1 red bell pepper, thinly sliced
- ½ cup fresh snow peas
- ¾ cup pineapple chunks
- 2 cups cooked brown rice

Directions

1. Combine the first five marinade ingredients. Add the sliced beef to a large re-sealable plastic bag, pour in ½ cup of marinade, and let sit for 30 minutes in fridge.
2. In a small bowl, whisk cornstarch and the rest of the marinade until smooth.
3. Drain and discard meat marinade. In a large nonstick skillet, stir-fry beef in oil for 2-3 minutes, then set aside.
4. Stir-fry sliced carrots and onion in skillet for 5 minutes. Add red pepper and peas; stir-fry 3-4 minutes longer.
5. Stir cornstarch mixture and add to the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Add beef and pineapple chunks; heat through.
6. Serve with brown rice.

Recipe adapted from
<http://www.tasteofhome.com>



Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

Beef Stir-Fry (plus ½ cup rice)

Amount	¼ of total
Calories	250 (360)
Fat (g)	7 (8)
Sat. Fat (g)	3 (3)
Carb. (g)	22 (44)
Fiber (g)	3 (5)
Protein (g)	27 (30)
Dairy free	

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Cooking Tip

Save money and time by buying the pre-cut frozen stir-fry veggies, pre-cooked brown rice and bottled stir-fry marinade at any grocery store. Beef can be high in saturated fat, so try to choose the lean cuts of meat, like top sirloin or tenderloin. Sliced pork loin or extra firm tofu could also be used.

Performance Facts

Beef is high in protein along with iron, zinc, and B vitamins, all of which will help provide you with sustained energy. Pineapple is a great source of vitamin c, an antioxidant to reduce inflammation, and manganese which is essential for bone and connective tissue health.

