

Surf & Turf Stir Fry

This recipe makes ~16 cups



Ingredients

- 2 lbs top sirloin steak
- 1 cup soy sauce
- 1 cup worcestershire sauce
- 2 cups onion
- 4 cloves minced garlic
- 1 cup carrots, thin matchstick cut
- 4 stalks celery, chopped
- 2 red bell peppers, chopped
- 2 tbsp oyster sauce
- 1 - 13 oz bag frozen baby sweet peas
- 2 - 10 oz bags frozen sugar snap peas
- 1 - 15 oz can baby corn

This recipe was contributed by John In Bibs

Directions:

1. Thinly slice the steak either by hand or with a meat slicer.
2. In a bowl, combine the sliced meat with soy sauce and Worcestershire sauce. Cover and let it marinate for several hours or overnight in the refrigerator.
3. Heat a pan over high heat and transfer the marinated meat directly into the hot pan. Set the marinade aside for later use. Cook the meat until browned, then remove it from the pan and set it aside.
4. In the same pan, sauté the onions and garlic for about 7 minutes until fragrant and slightly softened.
5. Stir in the carrots, celery, and bell peppers. Cook for a few minutes, then add the oyster sauce while stirring.
6. Add the frozen peas and, if desired, a can of baby corn. Continue sauteing for a few more minutes. Cover the pan, reduce the heat, and occasionally check the vegetables, adding the reserved marinade as needed for moisture. Cook until the vegetables are tender but not mushy (about 15 minutes).
7. Return the cooked meat and the remaining marinade to the pan. Bring the mixture to a gentle boil to ensure all flavors are well combined.
8. Line freeze dryer trays with parchment paper or silicone and spread the stir-fry across the trays. Pour any extra liquid onto the trays before pre-freezing for added flavor.
9. Pre-freeze when possible.
10. Freeze dry.
11. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Combine ½ cup of boiling water with 1 cup of stir-fry in a bowl. Cover and let sit for 2 minutes. Stir well, then add more water if needed. Cover again and let sit for another 2 minutes, or until the stir-fry reaches your desired texture. Serve on a bed of rice or noodles and enjoy!

Nutritional Value Per 1 cup

Calories: 329 Protein: 20 g Fat: 12 g Carbohydrates: 38 g Sugar: 16 g Fiber: 10 g