

Italian Beef Stir Fry

This delicious Italian-style beef stir fry is healthy, full of flavor and perfect for a weeknight dinner!



Main Dish

Italian

20 min

Total time

Easy

Difficulty

380

kcal / serving

Nutrition per serving (estimated)

Protein 28 g

Carbs 27 g

Fat 18 g

Fiber 7 g · Sugar 9 g · Sodium 760 mg

Ingredients

- Ingredients for 1 person:
- 4 ounces lean beef, cut into thin strips
- 1 cup broccoli florets
- 1/2 cup carrot slices
- 3 button mushrooms, quartered
- 1 tablespoon olive oil
- 2 tablespoons Italian seasoning
- Salt and pepper to taste
- 1 tablespoon onions, chopped

Substitutions

Lean beef – Thinly sliced pork loin

Broccoli florets – Cauliflower florets

Button mushrooms – Cremini mushrooms

Olive oil – Avocado oil

Steps

- 1 Heat the olive oil in a pan over medium heat.
- 2 Once heated, add the beef strips and Italian seasoning. Cook for 5 minutes.
- 3 Then add the broccoli, carrots, mushrooms, and onions. Stir frequently. Cook for 8-10 minutes until the vegetables are tender.
- 4 Add salt and pepper to taste.
- 5 Serve hot, with a side of your favorite grains or salad.

Chef's tips

- Use a wide skillet so the beef and vegetables have room to brown instead of steaming.
- Cut the vegetables into similarly sized pieces for more even tenderness.
- The vegetables are ready when the broccoli is bright green and the carrots are tender but still slightly firm.

Drink pairing

A medium-bodied red like Chianti

Its bright acidity and savory character complement the beef and Italian herbs without overwhelming the vegetables.

0% option: Sparkling water with a squeeze of lemon

Storage

Refrigerate leftovers within 2 hours in a covered container and use within 3–4 days. Reheat until steaming hot.

Frequently asked questions

How can I tell when the beef is done?

The thin strips should be browned on the outside and no longer look raw in the center; avoid overcooking, which can make them tough.

Can I prepare the vegetables ahead?

Yes. Cut and refrigerate them in a covered container, then use within a day for the best texture.

What should I serve with this stir fry?

Rice, barley, or another grain makes it a more filling meal; a crisp green salad is a lighter side.