



ONE HEALTHY DISH AT A TIME!

KIDNEY-FRIENDLY Beef Stir-Fry

Ingredients:

- 2 tablespoons cornstarch
- ¼ teaspoon sesame oil
- ½ teaspoon sugar
- 2 tablespoons water, separated
- 1 large egg, beaten
- 3 Tablespoons canola oil, separated
- 12 ounces beef round tip, sliced
- 1 green bell pepper, sliced
- 1 cup onions, sliced
- ¼ teaspoon ground red chili pepper (or to taste)
- 1 tablespoon sherry
- 2 teaspoons soy sauce, reduced sodium
- Optional garnish: parsley

Instructions:

- In a large bowl, whisk 1 tablespoon cornstarch, 1 tablespoon water, 1 large egg, 1 tablespoon canola oil, and add the beef. Marinate for 20 minutes.
- In a separate bowl, combine the rest of the cornstarch and water. Set aside.
- Heat 2 tablespoons of canola oil in a skillet and add the meat mixture. Cook until the meat begins to brown.
- Add green bell peppers, onion, and chili pepper. Add sherry, and then stir-fry it all for 1 minute. Add soy sauce, sugar, and sesame oil.
- Thicken with cornstarch and water mixture to your liking.

*While shopping ALWAYS check the label and choose low sodium, low phosphorus, and avoid dairy or choose dairy low in phosphorus.

*Recipes are considered kidney-healthy. However, if you have been diagnosed with kidney disease, kidney failure, diabetes, hypertension, or another disease, always consult a healthcare provider or dietitian when preparing food for yourself or someone with medical dietary needs to ensure the recipe suits their specific situation.