



## Island Beef Stir-Fry

The sweet flavors of pineapple make this beef dish wonderful.

Serves 4

1 cup	pineapple juice	2 large	carrots, sliced
1/4 cup	white wine	1 small	onion, sliced
2 tbsp	brown sugar	1 medium	green bell pepper, julienned
2 tbsp	soy sauce		
1/4 tsp	cayenne pepper	1/2 cup	fresh snow peas
1 lb	sirloin steak, cut into strips	3/4 cup	pineapple tidbits
2 tbsp	cornstarch	2 cups	brown rice, cooked
1-1/2 tbsp	olive oil, divided	1 cup	cashews, chopped

1. In a small bowl, whisk pineapple juice, wine, brown sugar, soy sauce and cayenne powder. Pour about 2/3 cup marinade into a large Ziplock freezer bag. Add the beef and coat, seal and refrigerate for 30 minutes.
2. In a small bowl, whisk cornstarch with the remainder marinade until smooth.
3. Drain and discard the marinade in the beef. In a large skillet or wok, stir fry beef in oil for 2-3 minutes or until no longer pink. Remove with a slotted spoon and keep warm.
4. Stir-fry carrots and onion in remaining oil for 4 minutes. Add green pepper and snow peas, stir fry 2-3 additional minutes longer or until vegetables are crisp tender.
5. Stir cornstarch mixture and add to the pan. Bring to a boil, cook and stir for 2 minutes or until thickened. Add beef, pineapple, heat through. Serve over rice with cashews .