

Teriyaki Steak and Vegetables

Ingredients

4 sheets (12 x 18 in.) heavy duty aluminum foil
½ cup light teriyaki sauce
1 teaspoon vegetable oil
½ teaspoon ground ginger
1/8 teaspoon garlic powder
1 pound boneless beef sirloin steak, ½” thick
1 package (16 oz.) frozen broccoli, carrots and water chestnuts
4 cups hot cooked rice



Directions

1. Preheat oven to 450° F or grill to medium-high.
2. Combine teriyaki sauce, vegetable oil, ginger and garlic powder in large bowl.
3. Cut steak lengthwise in half and then crosswise into 1/8” thick strips.
4. Add beef. Stir to coat with sauce.
5. Center ¼ of the vegetables on each sheet of aluminum foil. Arrange beef in an even layer over vegetables.
6. Bring up foil sides. Double fold top ends to seal packet, leaving room for heat circulation inside. Repeat to make four packets.
7. Bake 18 to 20 minutes on a cookie sheet in oven OR grill 8 to 10 minutes in covered grill. Serve over rice.

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