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Quick Beef Stir-Fry

4.4 (453) | 99 REVIEWS | 208 PHOTOS

Quick and easy beef stir-fry. I make this on my busiest weeknights.

Submitted by **inesgosner** | Updated on May 22, 2024

Tested by **Allrecipes Test Kitchen**

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Prep Time:	Cook Time:
15 mins	10 mins
Total Time:	**Servings:**
25 mins	4

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JUMP TO RECIPE

Need to use up some of your leftover vegetables and other pantry sta ingredients? Look no further than a classic beef stir-fry. This beef and broccoli stir-fry comes together in just 25 minutes and only requires ingredients that you probably already have. And if you don't? You car skip them!

This dish is packed with veggies, beef, and saucy flavors for a weekni dinner warrior that checks all the boxes. Served with rice or lo mein

How to Make Beef Stir-Fry

The most time-consuming part of making stir-fry is all the chopping. Slicing your meat and veggies into smaller bite-sized pieces can take a little bit of time and effort, but it's worth it for the end result.

After you've chopped all your ingredients, you'll cook the beef on one side of the wok, or another large frying pan, and the veggies on the other side of the wok. Once they're all cooked, you can mix the two sides together and add the soy sauce and sesame seeds.

Some stir-fry recipes use a specific stir-fry sauce, which can be as basic as broth, soy sauce, sugar, and rice wine vinegar. This quick stir-fry calls for only soy sauce. But you can feel free to add a stir-fry sauce or marinate your beef in one if you prefer.

Learn more: How to Make the Easiest Stir-Fry Ever

What Cut of Beef Is Best For Beef Stir-Fry?

Flank steaks are the most popular choice for making a stir-fry. Howev you can also use sirloin steak, skirt steak, Denver steak, or even beef

extra trimming. You'll want to remove the tough tissue from the steaks before frying.

How to Cook Beef Stir-Fry

If possible, you should use a wok to make beef stir-fry. Woks are large and have sloping sides that let you cook the entire stir-fry in one pan, so you can easily stir and flip the food without fear of it flying out. They also are designed to cook foods quicker than skillets and with less oil.

If you can't use a wok (or another carbon steel pan) then any skillet will work. You may just need to cook the meat and veggies in separate batches.

When cooking, make sure you heat the pan and oil up first before adc your ingredients — they should sizzle as soon as they hit the heat. An always use an oil with a high smoke point, like canola or peanut oil, f best stir-fry results.

Allrecipes Community Tips and Praise

loves this recipe and I've paired it with rice or noodles and it always pleases. I usually use beef stew meat and switch up the vegetables. I would definitely recommend this recipe for anybody that's pressed for time and wants to make a quick easy meal that the whole family will enjoy," says Tiana Marie Ginorio.

"Hubby and I both liked this. It's very easy to make and is ready in no time. I used flank steak instead of sirloin and I didn't have any green onions, but otherwise I followed the recipe as written. We both though it needed a bit of something, so after the first few bites we added some crushed chilis for a bit of heat," adds Allrecipes Allstar France C.

"Made it true to the recipe except that I only used half of a red bell pepper because it was what I had. The dish didn't suffer at all for it and the spiciness was just right for me. Served over rice and was the best quick meal that I made this week," raves Shoebox.

Ingredients

2 tablespoons vegetable oil

1 pound beef sirloin, cut into 2-inch strips

1 ½ cups fresh broccoli florets

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2 carrots, thinly sliced

1 green onion, chopped

1 teaspoon minced garlic

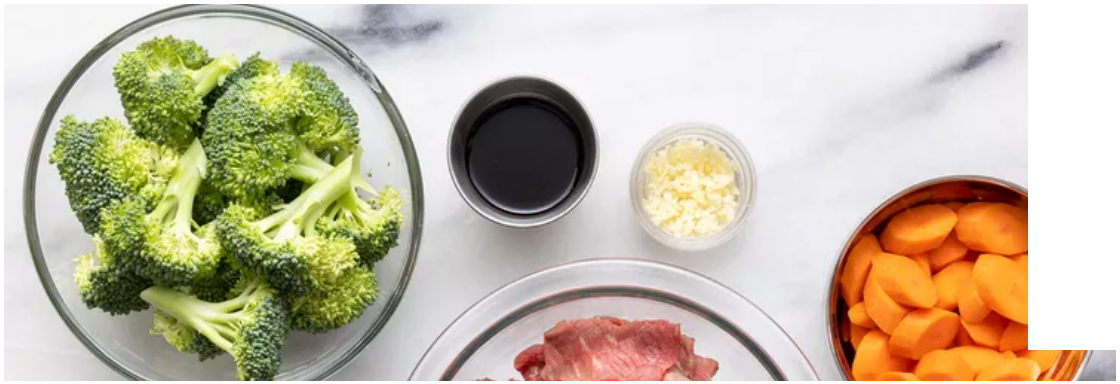
2 tablespoons soy sauce

2 tablespoons sesame seeds, toasted

Directions

Step 1

Gather all ingredients.



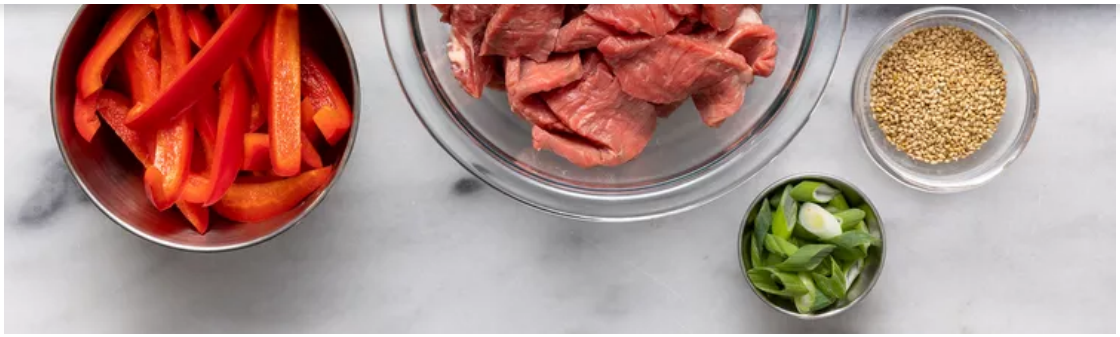


PHOTO: DOTDASH MEREDITH FOOD STUDIOS

Step 2

Heat vegetable oil in a large wok or skillet over medium-high heat; cook and stir beef until browned, 3 to 4 minutes.



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PHOTO: DOTDASH MEREDITH FOOD STUDIOS

Step 3

Move beef to the side of the wok and add broccoli, bell pepper, carrots, green onion, and garlic to the center of the wok. Cook and stir vegetables for 2 minutes.

Step 4

Stir beef into vegetables and season with soy sauce and sesame seeds. Continue to cook and stir until vegetables are tender, about 2 more minutes.



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PHOTO: DOTDASH MEREDITH FOOD STUDIOS

Step 5

Serve hot and enjoy!



PHOTO: DOTDASH MEREDITH FOOD STUDIOS

Nutrition Facts (per serving)

268 Calories	**16g** Fat
9g Carbs	**23g** Protein

Show Full Nutrition Label

Reviews (99)

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Quick Beef Stir-Fry

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What did you think about this recipe? Did you make any changes or notes?

CANCEL SUBMIT

4.4 out of 5

453 Ratings

5 star	259
4 star	142
3 star	37
2 star	13
1 star	2

Most helpful positive review

Kichael Miller

02/03/2013



I added a tsp of ginger and a bit of sal Read More

Helpful (172)

Featured Tweaks

Allrecipes Member

03/06/2023

Missing all the flavor. Recommend adding a sweetener (mirin, brown sugar, maple syrup), some ginger, and maybe Sriracha. Definitely season the meat witl Read More

Helpful (7)

Karen Lambert

01/2

I marinated the meat for a c added bean sprouts and wa served on a bed of rice. It wa make it again

Helpful (5)

99 Reviews

Sort

Debbie Heisler

10/01/2024

Helpful (0)

Martha Aiken

09/24/2024

Needs more flavor

It was a bit bland, I did add salt and pepper to the meat but next time I will be using stir fry sauce and maybe some ginger.

Helpful (0)

Allrecipes Member

09/15/2024

A keeper! Great flavors Easy to follow Worth the effort Crowd-pleaser Family favorite

Awesome my first time making stir fry came out deliciously

Helpful (0)

09/13/2024

OK with tweaks

I think this recipe was great! I made everything according to the recipe just instead of soy sauce used the Buffalo Wild Wings Asian sauce. This sure brings some heat but also the flavor. Even my none-spicy eater ate some.

Helpful (0)

Allrecipes Member

08/24/2024

OK with tweaks

Thanks for posting this. What I didn't like was, the beginning stated "cook the beef on one side… and the veggies on the other…" but the directions stated to coo beef first, then add the veggies. This was very confusing after completing the t way only to find out the meat should have been cooking first. It still turi Rea

Helpful (1)

Allrecipes Member

08/20/2024

Easy to follow A keeper! Family favorite

Allrecipes Member

08/20/2024

Great flavors

Helpful (0)

citizen

08/04/2024

I added freshly ground black pepper, sea salt, & hot paprika to the beef about hour before cooking.Per someone's suggestion, I added mirin after I cooked tl beef but before the veggies were half done.I thickened the sauce a bit with a Worcestershire sauce & corn starch.

Helpful (1)

Frank Panion

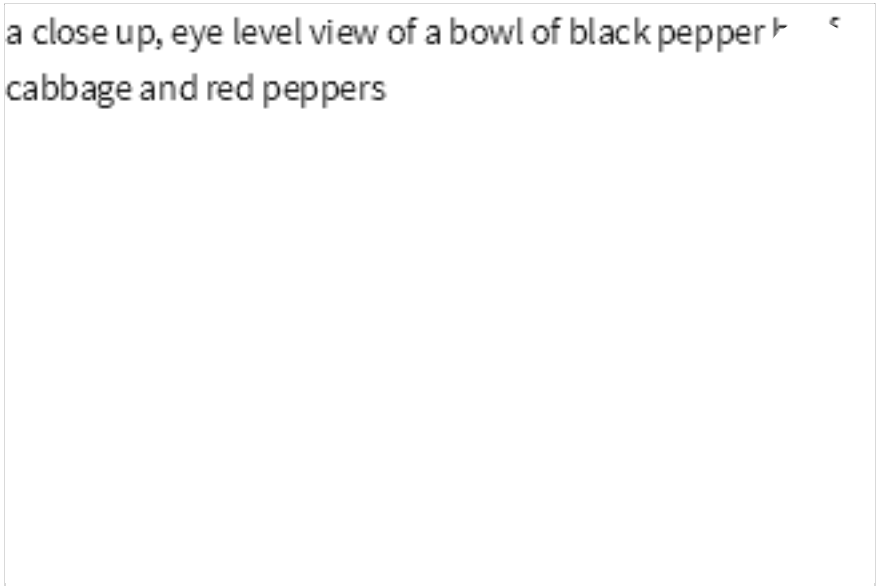
07/10/2024

was good

Helpful (0)

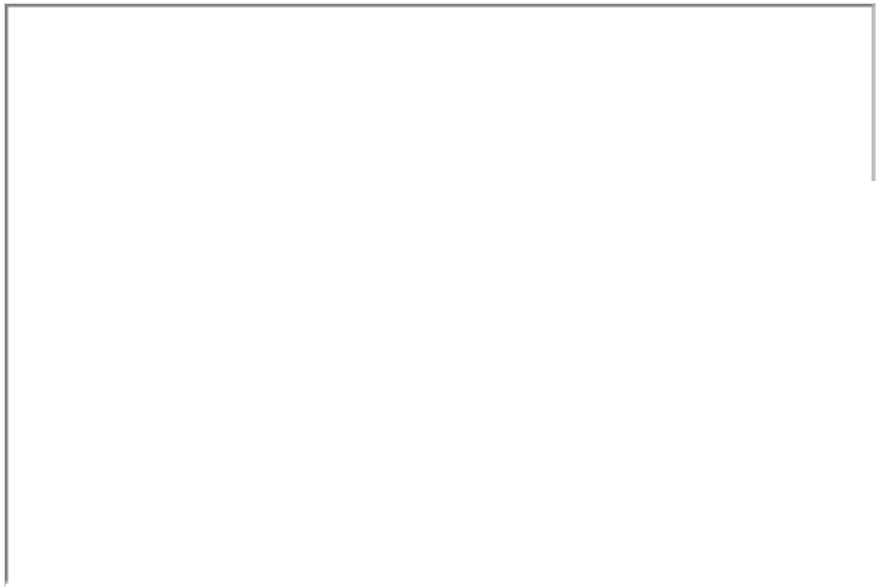
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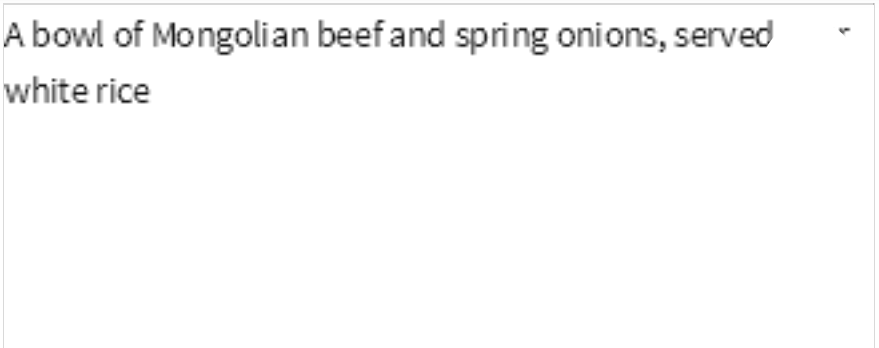
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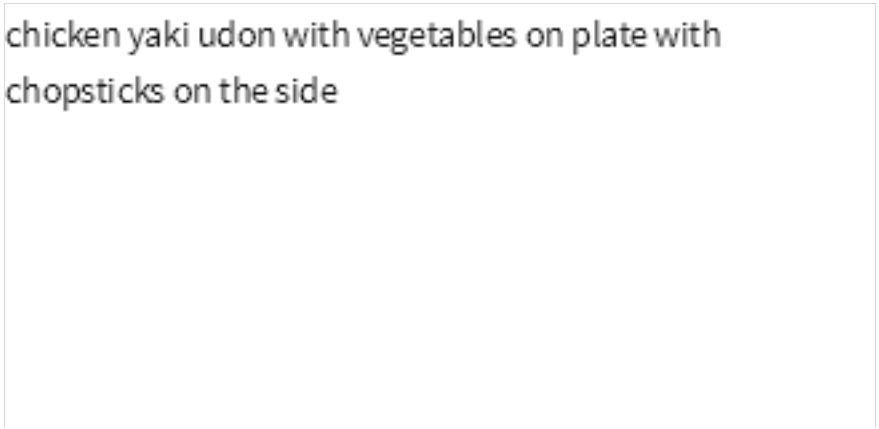
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BEEF

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