

## **Tri-tip Beef with Sugar Snap Peas**

*Adapted from Beef with Snow Peas, Ree Drummond, The Pioneer Woman*

1/2 pound leftover barbecued tri-tip beef (or any other cooked beef)  
1/4 cup low sodium soy sauce  
1 1/2 tablespoons sherry  
1 tablespoon brown sugar  
1 tablespoon cornstarch  
1 teaspoon ground ginger  
1 1/2 tablespoons olive oil, divided  
6 ounces fresh sugar snap peas  
4 ounces fresh bean sprouts  
3 green onions, cut into inch pieces on the diagonal  
Crushed red pepper flakes, to taste  
1 cup low sodium or homemade chicken or beef broth  
Cooked rice, for serving.

Slice the cooked beef in very thin slices against the grain and set aside. In a small bowl, mix the soy sauce, sherry, brown sugar, cornstarch, and ginger.

Heat a wok or other heavy bottomed skillet to medium-high heat and add a tablespoon of olive oil. Add the beef and let it sear on one side for a couple of minutes, then flip it over and sear for another minute or two. Remove meat from the pan and set aside.

Add the last half tablespoon of olive oil to the wok or skillet, then throw in the sugar snap peas, bean sprouts, and green onions. Toss them around for a minute or two, then pour in the mixture from the bowl.

Next add the meat back in and sprinkle with some crushed red pepper flakes, to taste. Last, pour in the chicken broth, stir to combine, and simmer for a few minutes until the sauce has thickened. Remove from heat and serve immediately with cooked rice.