

BEEF, PEPPER AND SHIITAKE MUSHROOM STIR-FRY

1 tsp. olive oil, divided	2 cups shiitake mushroom caps, sliced (one 3 1/2-oz. package)
Cooking spray	1/4 cup dry white wine
6 oz. beef tenderloin, cut into 1/2-inch strips	1/2 cup no-salt-added beef broth
1/2 cup shallots, sliced	1 tbsp. fresh basil, chopped
1/2 cup green bell pepper, cut into 1/4-inch strips	1/4 tsp. salt
1/2 cup red bell pepper, cut into 1/4-inch strips	1/4 tsp. pepper
1/2 cup yellow bell pepper, cut into 1/4-inch strips	1 1/2 cups cooked rice, hot
3 cloves garlic, minced	

Heat 1/2 tsp. oil in a large nonstick skillet coated with cooking spray over medium-high heat. Add beef and stir-fry 2 minutes. Remove beef from skillet and set aside. Wipe skillet clean with a paper towel. Heat 1/2 tsp. oil in skillet. Add shallots, bell pepper strips and minced garlic, and stir-fry 1 minute. Add mushrooms and stir-fry 2 minutes. Stir in wine and cook 1 minute. Add broth; reduce heat and simmer 3 minutes, stirring occasionally. Return beef to skillet and cook 1 minute. Stir in chopped basil, salt and pepper. Serve with rice. Serves 2.

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