



Garlic Beef Stir Fry

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
3-4 People	10 MIN	10 MIN		10

Garlic beef stir fry is a quick and flavorful dish made with tender slices of beef cooked with garlic and a savory sauce. It's packed with bold flavor and comes together in minutes, making it perfect for busy weeknights. This easy recipe delivers restaurant-style results using simple ingredients. It pairs perfectly with rice or noodles and can be customized with your favorite vegetables.

Ingredients

- 1 pound beef (sliced thin, flank or sirloin)
- 4-5 garlic cloves, minced
- 2 tablespoons oil
- 2 tablespoons soy sauce
- 1 tablespoon oyster sauce (*optional*)
- 1 teaspoon cornstarch (*optional, for thickening*)
- Salt and pepper to taste
- Optional: vegetables (bell peppers, broccoli)

Recipe Summary

- Prep Time: 10 minutes
- Cook Time: 10 minutes
- Total Time: 20 minutes
- Servings: 3-4
- Course: Main Dish
- Cuisine: Asian-inspired

Cooking Method

Instructions

1. Slice beef thinly against the grain.
2. Heat oil in a wok or pan over high heat.
3. Add garlic and sauté for **30 seconds** until fragrant.
4. Add beef and stir-fry for **3-5 minutes** until browned.
5. Add soy sauce, oyster sauce, and cornstarch mixture if using.
6. Stir well and cook for another **2-3 minutes**.
7. Add vegetables if using and cook briefly.
8. Serve hot.

Cooking Tips

- Slice beef thin for tenderness
- Cook on high heat for best results
- Do not overcook beef

Variations

- Add chili flakes or chili oil for spice
- Use chicken or shrimp instead of beef
- Add ginger for extra flavor
- Use garlic teriyaki sauce

What to Serve with Garlic Beef Stir Fry

- Rice
- Noodles
- Garlic fried rice
- Stir-fried vegetables

Storage

Store in an airtight container in the refrigerator for up to **3 days**.

Reheating

Reheat in a pan for best texture.

Frequently Asked Questions

What cut of beef is best?

Flank or sirloin works best.

Why slice against the grain?

It makes the beef more tender.

Can I make it without oyster sauce?

Yes, it still tastes great.

Recipe Author

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