**Sesame Beef Stir Fry—the quick way**

**Ingredients**

* 2 cloves minced **garlic**
* 2 green **onions**, chopped
* 4 Tbsp **vegetable oil**
* 2 Tbsp + 2 Tbsp **soy sauce**
* 4 Tbsp **sugar**
* 1 lb **round steak**, thinly sliced
* 2 Tbsp **sesame seeds**

**Instructions:**

1. Mix **all ingredients but** the sesame seeds & steak in a large bowl.
2. Cut **steak** into strips and add to the mixture.
3. Get greased (with veggie oil) sauté pan using a medium-high flame.
4. Sauté **steak** for 5 min.
5. Coat each side of the steak with **sesame seeds** and cook 2 minutes more.