

## **Beef-Asparagus Sauté**

2 tsp Olive Oil  
½ lbs steak, trimmed of fat and thinly sliced  
4 peeled and grated baby carrots  
½ tsp salt  
½ tsp black pepper  
12 oz asparagus  
½ tsp thyme  
½ tsp Italian seasoning  
¼ cup Perrier bottled mineral water  
4 cups cooked rice

Snap off and discard fibrous stem ends of asparagus. Bias-cut asparagus into 2 inch pieces; rinse and drain well. Heat the oil over medium-high heat in a large nonstick skillet. Cook and stir beef, carrots, salt and pepper in hot oil for 3 minutes. Add asparagus, thyme and Italian seasoning; cook and stir 2 minutes more. Add Perrier water; reduce heat. Cook, uncovered, 3 to 5 minutes – until beef is cooked and asparagus is crisp-tender. Serve over hot cooked rice. Yields 6 servings.