

Mongolian Beef

Courtesy of Carole's Creations

Prep Time: 10 minutes at first and the rest during the standing time

Standing Time: 20 minutes

Cooking Time: 3-4 minutes

Serves:

CChints: You can use sirloin steak or a flank steak in this recipe. The secret is to cut it across the grain and in thin strips. Hoisin sauce is a sweet Asian BBQ sauce and can be found in most markets in the Asian section.



Marinade:

2 tablespoons reduce sodium soy sauce

1 Tablespoon Hoisin sauce

1 tablespoon cornstarch

1 pound sirloin steak, sliced thin across

1 teaspoon sesame seeds, toasted

2 teaspoons vegetable or peanut oil

1/2 teaspoon fresh ginger or ginger paste

2 teaspoons minced garlic

1/8 cup very thinly sliced carrots

8 green onions, green parts of some of the white areas cut into 2 inch pieces

4 servings of rice or rice noodles

Sauce:

1 Tablespoon reduce sodium soy sauce

2 tablespoons Hoisin sauce

1 teaspoon corn starch

1 teaspoon sugar

1 teaspoon sweet chili sauce

1 teaspoon rice wine vinegar

Combine the soy sauce through cornstarch in a bowl. Slice the beef and put into a sealable plastic bag. Pour in the sauce and move it around on the meat. Seal and let stand at room temperature for 20 minutes.

You will want the rice or noodles to be done when the rest of this meal is done. So, look at your package directions and determine when to start cooking. After the meat has had 20 minutes to stand the meal will come together in about 5 minutes.

While you are waiting on the meat, heat a large nonstick dry skillet over medium-high heat and add the sesame seeds. Toast for 1-2 minutes until they are turning a little brown. Remove them from the pan and set aside for now. Prepare the sauce by combining all the ingredients into a bowl and stir well smooth and set aside.

Check on your rice or noodles, they should just about be ready to serve.

Heat the oil to the large nonstick skillet over medium-high heat. Add the meat, ginger and garlic for 2 minutes and add the carrots and green onions stirring constantly. Add the sauce mixture to the pan and stir constantly for 1 more minute until the sauce thickens.

Add the rice or noodles to a serving plate and spoon the Mongolian beef mixture over the top. Sprinkle with the toasted sesame seeds and enjoy.