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Mongolian Beef

Serve this slightly spicy dish over wide rice noodles to catch all the garlic- and ginger-laced sauce.

CookingLight

- **Yield:** 4 servings (serving size: 1 cup)

Photo by: Photo: Randy Mayor; Styling: Leigh Ann Ross

Ingredients

- | | |
|---|---|
| 2 tablespoons lower-sodium soy sauce | 1/4 teaspoon salt |
| 1 teaspoon sugar | 2 teaspoons peanut oil |
| 1 teaspoon cornstarch | 1 tablespoon minced peeled fresh ginger |
| 2 teaspoons dry sherry | 1 tablespoon minced fresh garlic |
| 2 teaspoons hoisin sauce | 1 pound sirloin steak, thinly sliced across the grain |
| 1 teaspoon rice vinegar | 16 medium green onions, cut into 2-inch pieces |
| 1 teaspoon chile paste with garlic (such as sambal oelek) | |

Preparation

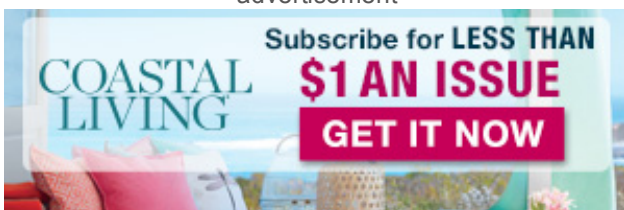
1. Combine first 8 ingredients, stirring until smooth.
2. Heat peanut oil in a large nonstick skillet over medium-high heat. Add minced ginger, minced garlic, and beef; sauté for 2 minutes or until beef is browned. Add green onion pieces; sauté 30 seconds. Add soy sauce mixture; cook 1 minute or until thickened, stirring constantly.

Nutritional Information

Amount per serving

Calories 237	Fat 10.5 g	Satfat 3.5 g	Monofat 4.3 g	Polyfat 1.1 g	Protein 26 g	Carbohydrate 9.1 g
Fiber 1.7 g	Cholesterol 60 mg	Iron 2.7 mg	Sodium 517 mg	Calcium 67 mg		

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