

Mongolian Beef with Broccoli and Bell Peppers (2 pages)

- Garlic cloves finely chopped
- 1/2 teaspoon grated fresh ginger root
- soy sauce and brown sugar mixture
- ¼ cup water
- Cubed Steak cut in thin strips (1/4 inch wide)
- Cornstarch
- 1 cup of grapeseed or vegetable oil for frying
- Red bell peppers chopped
- Broccoli chopped
- Green Onions thinly sliced (Save 2 green onions for the Salmon Meal)
- 2 Tablespoons of grapeseed or vegetable oil
- Rice (2 or 4 cups of water)

Mongolian Beef:

Cut beef into thin strips. If you have kitchen scissors, they work great. Strips should be about ¼ wide. Place the sliced beef into a bowl and add salt and pepper. Then stir the cornstarch into the beef, coating it thoroughly. Allow the beef and cornstarch to sit until most of the juices from the meat have been absorbed by the cornstarch, about 10 minutes.

While you are waiting 10 minutes for the beef to absorb the cornstarch, you can prepare your red pepper, broccoli, garlic, and ginger

Chop your red pepper and broccoli into chunks, and thinly slice your green onions. Put these veggies aside. Mince the garlic cloves and grate the ginger. I like to use my zester with the ginger. Make sure and peel the skin off the ginger before you grate it. You will need about ½ teaspoon of grated ginger. Set these ingredients aside to use later.

Heat 1 cup of grapeseed oil or vegetable oil in a deep-sided skillet or wok until the oil is nice and hot.

Shake excess cornstarch from the beef slices, and drop them into the hot oil, a few at a time. Stir briefly, and fry until the edges become crisp and start to brown, about 2 minutes. Remove the beef from the oil with a large slotted spoon, and allow to drain on paper towels to remove excess oil.

Heat 2 teaspoons of grapeseed oil or vegetable oil in a saucepan over medium heat, and cook and stir the garlic and ginger for about 30 seconds. Add the soy sauce and brown sugar mixture to the pan and add ¼ cup of water. Raise the heat to medium-high, and stir for about 3 minutes.

Add the green onions and cook for about 2 minutes. Add the red pepper chunks and broccoli and cook for about 4 minutes. Add the cooked beef and stir it in with the veggies. Cook for about 5 minutes. Taste one of the veggies to see if you need to add a little salt and pepper. Add it to taste.

Rice Noodles... Start boiling the water when you start the Mongolian Beef

For 2 servings meal kits. Boil 2 quarts of water. Turn stove off and add the noodles. Strain the noodles after 3 minutes.

For 4 servings meal kits. Boil 2 quarts of water. Add the noodles and boil for 6 minutes.

Plate: You can put a layer of rice noodles on the bottom of your plate and top it with the Mongolian Beef. Or you can put the Mongolian Beef on one side of your plate and your rice on the other. I like both ways... depending on my mood. Enjoy!!!