

LiveBetter with MedWatch

Beef Skillet Oriental

Ingredients

- 1 pound flank steak, all visible fat removed
- 6 ounces fresh snow peas
- vegetable oil spray
- 1 Tbsp. vegetable oil
- ½ cup chopped onion
- 3 cloves garlic, minced
- 4 cups small fresh cauliflower florets
- 2 cups homemade beef broth, low sodium variety
- 1 ¾ red bell pepper, diced
- 2 Tbsp. cornstarch
- 2 Tbsp. light soy sauce
- ¼ cup cold water
- ¼ cup sherry
- 1 Tbsp. grated fresh ginger
- ¼ tsp. hot pepper sauce

Preparation

1. Place flank steak in the freezer for 30 minutes.
2. Remove and slice across the grain into thin strips (2 to 3 inches long and ½- to 1-inch wide).
3. Rinse snow peas, trim ends and set aside.
4. Heat a nonstick electric skillet to 400 degrees. Spray skillet with vegetable oil.
5. Add half of beef; stir-fry just until browned. Remove and set aside.
6. Repeat procedure with remaining beef.
7. Heat oil in skillet and add onion and garlic. Sauté until onion is translucent.
8. Add cauliflower and broth. Cook, stirring gently for about 2 minutes.
9. Add bell pepper and snow peas. Cook 1 minute longer.
10. In a bowl, combine the last 6 ingredients. Stir to mix well; pour into skillet.
11. Add beef and cook, stirring constantly, until sauce thickens. Stir with rice if desired.

Makes 8 servings.



Nutrition Analysis

Per serving: 44 calories, 1 g fat, 2 g protein, 7 g carbohydrate, 0 mg cholesterol, 75 mg sodium, 1 g fiber



LiveBetter with MedWatch is made possible in part by a gift from Cambridge Homes.