

LiveBetter with MedWatch

Moo Shu Beef

Ingredients

- 1 pound beef round-tip steaks, cut 1/8 inch to 1/4 inch thick
- 3 cups shredded cabbage, or packaged coleslaw mix without the dressing
- 2/3 cup sliced green onions
- 1 Tbsp. cornstarch dissolved in 1/4 cup water
- 8 medium flour tortillas, warmed
- 1/3 cup hoisin sauce (optional)

Marinade:

- 2 Tbsp. reduced-sodium soy sauce
- 2 Tbsp. water
- 1 Tbsp. dark sesame oil
- 2 cloves garlic, crushed
- 2 Tbsp. sugar

Preparation

1. Cut steaks lengthwise in half and then crosswise into thin strips.
2. In medium bowl, combine marinade ingredients; add beef, tossing to coat.
3. Cover and marinate in refrigerator for 20 minutes.
4. Remove beef from marinade; discard marinade.
5. Heat large, nonstick skillet over medium-high heat. Add beef (half at a time) and stir-fry 1 to 2 minutes or until outside is no longer pink (do not overcook).
6. Add coleslaw mix, green onions and cornstarch mixture. Cook and stir until sauce is thickened and bubbly.
7. To assemble, spoon 1/2 cup of beef mixture into center of each tortilla. (If using hoisin sauce, spread 2 teaspoons onto tortilla first.) Fold bottom edge over filling. Fold sides to center, overlapping edges.

Makes 4 servings.



Nutrition Analysis

Per serving (without hoisin sauce): 501 calories, 13 g fat, 69 mg cholesterol, 653 mg sodium, 6 mg iron



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