

Mongolian Beef



This is a quick and easy meal that's sweet and spicy. My picky eaters love it.

Ingredients:

1lb steak of choice, sliced thin
1-2T avocado oil for searing steak
(olive oil is not meant for high-heat cooking!)

Sauce:

1/4c soy sauce
1/3c brown sugar
1/4c water
1tsp ginger
2 cloves garlic, minced
1/4tsp red pepper flakes
1-2T cornstarch

Directions:

*A wok or large skillet will work well for this recipe.

1. Brown the meat in small batches over high heat in a bit of oil. (about a minute per side.)
2. Mix sauce in a small bowl and then add it to the beef to coat it. (add more cornstarch if needed, 1 tsp at a time until you like the consistency.)
3. Stir in your veggies and serve over grain of choice.

Tips:

- My original recipe calls for coating the meat in cornstarch and then searing it. I thought it was messy and unnecessary. But you can if you want.
- Time saver: buy a bag of frozen stir fry vegetables and microwave them while the meat is cooking.
- Cook your grain first and let it sit (covered) while you cook the rest.

Enjoy!

