

Mongolian Beef and Vegetables

Total Time

Yield

35 Mins

Serves 4 (serving size: about 1 cup)

By DEB WISE December 2016

COOKING LIGHT

This takeout favorite is typically laden with beef and coated with a sticky-sweet sauce. Our makeover makes crisp-tender snow peas, broccoli, and carrots the star, with seared flank steak as the supporting player. We also balanced the blend of brown sugar, soy sauce, and sesame oil in the sauce. Add a sliced red chile or a good pinch of crushed red pepper for a spicy sauce. We recommend serving with Sesame Soba Noodles.

Ingredients

12 ounces flank steak, thinly sliced

1 tablespoon cornstarch

3 tablespoons light brown sugar

3 tablespoons water

3 tablespoons reduced-sodium soy sauce

2 teaspoons canola oil, divided

2 teaspoons toasted sesame oil, divided

4 cups broccoli florets

1/2 cup thinly sliced white onion

1/2 cup sliced carrot

1 cup snow peas, halved diagonally

1 tablespoon minced fresh garlic

2 teaspoons grated peeled fresh ginger

How to Make It

Step 1 Place steak and cornstarch in a bowl; toss to coat. Combine sugar, 3 tablespoons water, and soy sauce in a bowl, stirring with a whisk until smooth.

Step 2 Heat a large skillet over high. Add 1 teaspoon canola oil and 1 teaspoon sesame oil; swirl to coat. Add steak to pan in a single layer; cook 5 minutes or until done, stirring occasionally. Remove steak from pan; keep warm.

Step 3 Reduce heat to medium-high. Add remaining 1 teaspoon canola oil and remaining 1 teaspoon sesame oil to pan. Add broccoli, onion, and carrot; cook 5 minutes, stirring frequently. Add snow peas, garlic, and ginger; cook 1 minute. Add steak and soy sauce mixture to pan; bring to a boil, scraping pan to loosen browned bits. Serve immediately.

Nutritional Information

- Calories 258, • Fat 9.7g, • Satfat 2.3g,
- Monofat 4.2g, • Polyfat 2g,
- Protein 22g, • Carbohydrate 21g,
- Fiber 3g, • Cholesterol 53mg,
- Iron 3mg, • Sodium 513mg,
- Calcium 82mg, • Sugars 12g,
- Est. added sugars 10g.

Fantastic

WLBETH

April 13, 2017

I sprinkled on some red pepper flakes at the end. Hubby added some siracha. We served it over steamed jasmine rice. Really tasty. I did add some black pepper and salt to the beef as it cooked and had to increase the cooking time slightly to ensure the beef and broccoli was completely cooked through. Will make again. The family snarfed it down.

Bethk013 Review

daneanp

February 09, 2017

Really good. I cut back the sugar a little. Next time I will add a little crushed pepper to balance the sweetness. Served over lo mein noodles. Not a drop left.
