

# Mongolian Beef



Total Time  
**20 Mins**

Yield  
**4 servings (serving size: 1 cup)**



Bruce Weinstein and Mark Scarbrough | RECIPE BY COOKING LIGHT November 2012

Forget the fast food--this take on Mongolian Beef delivers all the flavor without the insane sodium and fat levels. This vibrant, Asian-inspired dish brings just the right amount of spice to the plate. But to make it a bit more kid-friendly and eliminate the heat altogether, just leave out the chile paste. Serve this bold beef favorite over wide rice noodles to catch all the garlic- and ginger-laced sauce. To add a little more green to the plate, add a side of steamed or roasted broccoli.

## Ingredients

2 tablespoons lower-sodium soy sauce

1 teaspoon sugar

1 teaspoon cornstarch

2 teaspoons dry sherry

2 teaspoons hoisin sauce

1 teaspoon rice vinegar

1 teaspoon chile paste with garlic  
(such as sambal oelek)

1/4 teaspoon salt

2 teaspoons peanut oil

1 tablespoon minced peeled fresh  
ginger

1 tablespoon minced fresh garlic

1 pound sirloin steak, thinly sliced  
across the grain

16 medium green onions, cut into 2-  
inch pieces

## How to Make It

**Step 1** Combine first 8 ingredients, stirring until smooth.

**Step 2** Heat peanut oil in a large nonstick skillet over medium-high heat. Add minced ginger, minced garlic, and beef; sauté for 2 minutes or until beef is browned. Add green onion pieces; sauté 30 seconds. Add soy sauce mixture; cook 1 minute or until thickened, stirring constantly.

## Chef's Notes

This recipe originally ran in Cooking Light December, 2009 and was updated for the November, 2012 25th anniversary issue.

**Nutritional Information**

Calories 237, Fat 10.5g, Sattfat 3.5g,  
Monofat 4.3g, Polyfat 1.1g, Protein 26g,  
Carbohydrate 9.1g, Fiber 1.7g,  
Cholesterol 60mg, Iron 2.7mg,  
Sodium 517mg, Calcium 67mg.