

Mike's Quick and Easy Beef with Snow Peas

Serves 4

Serving size: Moderation

INGREDIENTS:

3 tablespoons of soy sauce

2 tablespoons of rice wine

1 tablespoon of brown sugar

1/2 teaspoon of cornstarch

1 tablespoon of vegetable oil

1 tablespoon of minced fresh ginger root

1 tablespoon of minced garlic

1 pound of beef round steak, cut into thin strips

1/2 lb of snow peas

A few red peppers (optional)

STEPS:

1. In a small bowl, combine the soy sauce, rice wine, brown sugar and cornstarch. Set aside.
2. Heat oil in a wok or skillet over medium high heat.
3. Stir-fry ginger and garlic for 30 seconds.
4. Add the steak and stir-fry for 2 minutes or until evenly browned.
5. Add the snow peas and stir-fry for an additional 3 minutes.
6. Add the soy sauce mixture; bring to a boil, stirring constantly.
7. Throw in a few dried red peppers. (optional)
8. Lower heat and simmer until the sauce is thick and smooth.
9. Serve immediately, over fluffy white rice.

*Use less soy sauce if you have high blood pressure, history of stroke, or heart disease
Replace brown sugar with your favorite sugar substitute if you have diabetes*



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