

Zesty Hunan Beef

Ingredients:

1/4 c. soy sauce
2 garlic cloves, minced
1 lb. lean beef round, sliced into 3
x 1/4 inch strips
1/4 c. vegetable oil
4 c. broccoli florets
3 1/2 c. sliced mushrooms
1 c. thinly sliced carrots
5 green onions, cut into 1 inch pieces
1/4 c. toasted slivered almonds
2 tbsp. finely chopped fresh ginger
3/4 tsp. dried red pepper flakes
2 tbsp. cornstarch dissolved in 1
tablespoon water
Freshly cooked rice

Preparation:

Combine soy sauce and garlic into a large bowl, add beef strips.
Cover and marinate at room temperature 1 hour or in refrigerator overnight.
Drain beef, reserving marinade.
Heat oil in large skillet; set aside.
Add broccoli, mushrooms, carrots, green onions, almonds, ginger and
pepper flakes to skillet and cook 2 minutes.
Stir in reserved marinade and cornstarch.
Cook until vegetables are crisp-tender and sauce thickens, 4 to 6 minutes.
Return beef to skillet and heat through 1 to 2 minutes.
Serve immediately over rice.