

Mongolian Beef

POINTS value: 6

PREP: 6 minutes ■ **COOK:** 9 minutes

This quick-and-easy Mongolian Beef earned our Test Kitchens' highest rating—in fact, it was described as better than takeout! Serve each portion over $\frac{1}{2}$ cup cooked basmati rice, such as Uncle Ben's Ready Rice, for an entrée with a **POINTS** value of 8.

- 1 pound flank steak, trimmed
- $1\frac{1}{2}$ tablespoons cornstarch
- $\frac{1}{2}$ cup water
- $\frac{1}{3}$ cup firmly packed brown sugar
- $\frac{1}{3}$ cup less-sodium soy sauce (such as Kikkoman)
- 1 tablespoon canola oil
- 3 garlic cloves, minced
- $\frac{1}{2}$ teaspoon grated peeled fresh ginger
- $\frac{1}{4}$ cup sliced green onions

1. Cut steak diagonally across grain into thin slices. Combine steak and cornstarch in a medium bowl; toss until coated, and set aside.
 2. Combine water, brown sugar, and soy sauce in a small bowl; set aside.
 3. Heat oil in a large nonstick skillet over medium-high heat. Add garlic and ginger; sauté 1 minute. Add steak; cook 3 minutes or until browned, stirring occasionally. Add brown sugar mixture, and cook 4 minutes or until sauce thickens, stirring occasionally. Sprinkle with green onions.
- YIELD:** 4 servings (serving size: $\frac{3}{4}$ cup beef mixture).

PER SERVING: CAL 285 (29% from fat); FAT 9.2g (sat 2.6g); PRO 25.9g; CARB 23.1g; FIB 0.3g; CHOL 39mg; IRON 2mg; SOD 865mg; CALC 47mg

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