

Beef Chow Mein

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An Asian-inspired beef dish that is as easy as it is delicious. Tender steak is sauteed with shredded vegetables and simmered in a savory Asian sauce before being served over egg noodles. This quick and easy dish is bursting with flavor and will be on the table in just minutes.

Ingredients:

8 oz egg noodles
8 oz steak, cut into one-inch strips
1 (8 oz) package bean sprouts
2 carrots, shredded
1 medium onion, chopped
1 garlic clove, minced
3 Tbsp soy sauce
2 1/2 Tbsp olive oil
1 1/4 Tbsp sugar
1 tsp sesame oil
1/2 teaspoon of salt

Directions:

1. Cook noodles according to package. Set aside.
2. In large wok or skillet, heat olive oil. Add steak and stir fry for 5 minutes or until browned. Add garlic, onion, and carrots. Fry for 2 more minutes.
3. In small bowl combine soy sauce, sugar and sesame oil. Whisk to combine. Add to skillet and cook for 1 minute. Stir in noodles and bean sprouts, and serve.

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