

Mongolian Beef



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Beef

3 tablespoons canola oil
1/2 cup diced sweet onion
1 to 2 garlic cloves, minced
1 pound beef, cut in strips
2 to 3 garlic cloves, minced
3 tablespoons reduced sodium soy sauce
1/2 teaspoon ground cayenne pepper
1/4 teaspoon ground ginger
1 cup water
3/4 cup packed brown sugar
2 teaspoons cornstarch
1/4 cup cold water
6 green onions, cut in 3/4 to 1 inch pieces

In a wok, saute onion and 1 to 2 minced garlic cloves in oil for 1 to 2 minutes over medium high heat. Add beef strips. Cook and brown. Add 2 to 3 minced garlic cloves and cook for 1 to 2 minutes. Combine soy sauce, cayenne pepper, and ginger. Stir in soy sauce mixture. Add 1 cup water and brown sugar. Bring to a boil. Combine cornstarch and cold water. Mix well. Add cornstarch mixture to beef and stir to achieve desired consistency of sauce. Add green onions and cook for 1 minute. Serve over steamed white rice and garnish with additional sliced green onions, if desired.

Serves 4

Cook's Note: Serve with steamed vegetables, if desired.