

Oyster Beef

Serves 4 (350 calories each)

I use mushroom soy sauce in the marinade to make the meat darker and richer looking. This goes well with Black Rice (see Rice recipe).

Ingredients:

- 1 Tbsp. cornstarch (31 cal.)
- 1 tsp. sugar (16 cal.)
- 1/2 tsp. sherry
- 1 Tbsp. low sodium soy sauce
- 1 Tbsp. mushroom flavored soy sauce (25 cal.)
- 3/4 lb. flank steak (657 cal.)
- 1 medium onion
- 1 medium green pepper
- 1 tsp. chicken bullion
- 2 cloves garlic
- 4 Tbsp. oyster sauce (36 cal.)
- 3 Tbsp. vegetable oil (divided) (372 cal.)
- 1 cup rice (see recipe) (216 cal.)



Equipment

- Wok
- 3 bowls
- Long handled spoon for wok

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☑	Directions	Time (min)	
	Start the rice	45 min	
	In a large bowl, combine 1 Tbsp. cornstarch, 1 tsp. sugar, 1/2 tsp. sherry, 1 Tbsp. low sodium soy sauce, and 1 Tbsp. mushroom soy sauce	1	
	Slice steak into $\frac{1}{4}$ " thick slices, 1 1/2 " long	3	
	Toss steak with sauce and let sit		15
	Cut onion and green pepper into 3/4" pieces	3	
	Combine 1 tsp. chicken bullion with 1 Tbsp. warm water	1	
	Peel and smash garlic with the side of a knife blade	2	
	Heat 1 Tbsp. oil in wok over medium high heat	1	
	Stir fry onion and green pepper	1	
	Add chicken stock to onion and peppers. Stir until liquid evaporates. Set aside	2	
	Heat 2 Tbsp. oil over medium high heat	1	
	Stir fry garlic until brown, and then discard	1	
	Add beef and stir fry until 3/4 done	1	
	Add 4 Tbsp. oyster sauce and stir	1	
	Add onion and peppers and stir	1	
	Total	21	