

## Minced Beef with Mixed Vegetables\*

Serves 6

|   |  |
|---|--|
| Ground beef, lean                             | 1 lb.                                    |
| Frozen Vegetables*                            | 3 cups (or more to taste)                |
| <i>(Substitute with frozen peas, edamame)</i> |  |
| Mushroom, dried, sliced thin                  | 1 lb. (about 12 dried shiitake mushroom) |
| Canola or salad oil (for mushroom)            | 2 Tbsp.                                  |
| Corn Starch                                   | 2 tsp.                                   |
| Garlic, crushed with side of knife            | 3 cloves                                 |
| Onion, large, small diced                     | 1 ea                                     |
| Canola or salad oil                           | 3 + 1 Tbsp.                              |
| Corn starch                                   | 2 Tbsp.                                  |
| Ground Pepper                                 | 1 tsp.                                   |
| Chicken broth                                 | ½ cup                                    |

### Beef Marinade:

|                      |         |
|----------------------|---------|
| Soy sauce (low salt) | 2 Tbsp. |
| Oyster sauce         | 2 Tbsp. |
| Sesame Oil           | 2 tsp.  |
| Cane sugar           | 1 tsp.  |
| Sherry               | 2 Tbsp. |

| Nutrition Facts  |                       |         |                            |
|--|-----------------------|---------|----------------------------|
| Serving Size (240g)  |                       |         |                            |
| Servings Per Container   |                       |         |                            |
| Amount Per Serving   |                       |         |                            |
| Calories 380   | Calories from Fat 210 |         |                            |
| % Daily Value*   |                       |         |                            |
| <b>Total Fat</b> 23g   | <b>35%</b>            |         |                            |
| Saturated Fat 4.5g   | 23%                   |         |                            |
| Trans Fat 0.5g   |                       |         |                            |
| <b>Cholesterol</b> 50mg  | <b>17%</b>            |         |                            |
| <b>Sodium</b> 370mg  | <b>15%</b>            |         |                            |
| <b>Total Carbohydrate</b> 20g  | <b>7%</b>             |         |                            |
| Dietary Fiber 4g   | 16%                   |         |                            |
| Sugars 6g  |                       |         |                            |
| <b>Protein</b> 22g   |                       |         |                            |
| Vitamin A 25%  | Vitamin C 15%         |         |                            |
| Calcium 6%   | Iron 20%              |         |                            |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                       |         |                            |
|  | Calories              | 2,000   | 2,500                      |
| Total Fat  | Less Than             | 65g     | 80g                        |
| Saturated Fat  | Less Than             | 20g     | 25g                        |
| Cholesterol  | Less Than             | 300mg   | 300mg                      |
| Sodium   | Less Than             | 2,400mg | 2,400mg                    |
| Total Carbohydrate   |                       | 300g    | 375g                       |
| Dietary Fiber  |                       | 25g     | 30g                        |
| Calories per gram:   |                       |         |                            |
|  | Fat                   | 9       | Carbohydrate 4 • Protein 4 |

1. Mix soy sauce, oyster sauce, sugar, sherry, sesame oil with ground beef, marinate for about 30 min.
2. Boil water. Add frozen vegetables when water comes to a boil, turn off heat, drain after 30 seconds and set aside.
3. Heat sauté pan with 1 Tbsp. canola oil, add mushroom and sauté till lightly browned, set aside. (When sautéing mushroom, make sure mushroom is in contact with the bottom of the pan. Do not let them stack up – let them sear for 30 seconds, before tossing them around. It will release steam first, then shrink and caramelize and turn brown. You can tell when it caramelizes by the nice smell). Remove and set aside.
4. Heat sauté pan on high heat till it smokes, add 3 Tbsp. oil and garlic cloves to brown and caramelize.
5. Add onion and stir fry until light brown (add red chili pepper if used, sauté a little)

6. Sprinkle ground pepper and 2 Tbsp. cornstarch evenly over the marinated beef and mix well.
7. Add beef and stir fry with onion until brown on the outside
8. Add caramelized mushrooms, sauté until beef is done, add mixed vegetables and mix well.
9. Add a little chicken broth to develop a light sauce, and serve over rice.