

Beef with Bok Choy and Carrots

Serves 6

Marinade:

- » 1 tablespoon low-salt soy sauce
- » 2 teaspoons grated peeled gingerroot
- » 2 to 3 medium garlic cloves, minced
- » ½ teaspoon red chili paste
- » 3 tablespoons dry sherry (optional)
- » 1-1/2 pounds beef flank steak
- » 6 medium stalks bok choy
- » 5 medium carrots
- » 1 tablespoon cornstarch
- » 2 tablespoons cold water
- » 1 ½ teaspoons canola or peanut oil, divided
- » ½ cup fat-free, no-salt-added beef broth
- » 3 cups cooked brown rice, prepared without margarine or salt

In a small bowl, stir together the marinade ingredients.

Cut the beef steak lengthwise in half, then crosswise, across the grain, into Vs-inch slices. Put the beef in a large bowl. Pour the marinade over the beef; toss to coat.

Thinly slice the bok choy. Cut the carrots into 2 x ¼ x ¼-inch strips.

Put the cornstarch into a cup. Add the water, stirring to dissolve.

Remove the beef from the marinade. Discard the marinade.

In a large nonstick skillet, heat ½ teaspoon oil over medium-high heat. Add half the beef. Cook for 1 to 2 minutes, or until the beef is no longer pink on the outside, stirring constantly. Transfer the beef to a plate. Repeat with ½ teaspoon oil and the remaining beef.

Heat the remaining ½ teaspoon oil in same skillet. Add the bok choy and carrots. Cook for 2 to 3 minutes, or until crisp-tender, stirring constantly.

Return the beef to the skillet. Stir the cornstarch mixture.



Stir it and the beef broth into the beef mixture. Cook for 1 to 2 minutes, or until thickened and bubbly.

To serve, spoon the warm rice onto plates. Top with the beef mixture.

Cook's Tip

Beef is easier to slice thinly when it is partially frozen.

DIETARY EXCHANGES 1½ Starch, 1½ Vegetable, 3 Lean Meat

NUTRIENTS PER SERVING Calories 312; Total Fat 8.5 g; Saturated Fat 2.9 g; Polyunsaturated Fat 1 g; Monounsaturated Fat 3.5 g; Carbohydrates 30 g; Fiber 3.7 g; Cholesterol 42 mg; Protein 28 g; Sodium 147 mg; Niacin 9 mg; Vitamin B₆ 0.8 mg; Vitamin B₁₂ 1.4 mg; Selenium 36.9 mg; Zinc 5.1 mg; Iron 2.2 mg

This recipe is an excellent source of protein, niacin, Vitamin B₆, Vitamin B₁₂, selenium, and zinc, and a good source of fiber and iron.

