

Mongolian Beef

as seen on [Tried and True Cooking with Heidi](#)

4 servings, 8 WW points per serving w/o rice

Brown rice 5 WW points per cup

1 lb top round steak or flank steak, cut thinly on the cross grain (I used pre-sliced stir fry meat)

1/4 cup cornstarch

3 tsp vegetable oil

1/2 tsp grated or minced fresh garlic

1 Tbsp minced garlic

1/2 cup water

1/2 cup soy sauce

1/2 cup brown sugar

2 Tbsp rice wine vinegar

3 green onions, sliced into 2-3" pieces

Dry off meat with a paper towel and slice into 1/4" thick slices against the grain. Or use the pre-sliced stir fry beef like I did. Add to a bowl with the cornstarch and coat thoroughly.

Add 1 1/2 tsp oil to a wok or large frying pan over medium heat. Add the garlic and ginger, stir until fragrant. Add soy sauce, water, rice vinegar, and brown sugar. Cook for about 2 minutes and remove from pan.

Add remaining 1 1/2 tsp oil to the pan over high heat. Add the meat and cook until brown on all sides and slightly crispy. Pour sauce back into pan over meat. Add green onions, stir and remove from heat. Serve over rice and steamed veggies.

From Lacey at www.laceywithlove.blogspot.com