

Beef

Classic Cashew Beef

Taste Of Home - June/July 2011

Servings: 4

Preparation Time: 30 minutes

Start to Finish Time: 30 minutes

4 teaspoons cornstarch
4 teaspoons soy sauce
1 teaspoon sesame oil
1 teaspoon oyster sauce
1/4 teaspoon ground ginger
dash cayenne pepper
1/2 cup cold water
1 pound beef top sirloin steak, cut into 1/2-inch pieces
2 tablespoons canola oil, divided
8 green onions, cut into 1-inch lengths
2/3 cup lightly salted cashews
2 cloves garlic, minced
hot cooked rice

In a small bowl, combine the cornstarch, soy sauce, sesame oil, oyster sauce, ginger, cayenne and cold water; whisk until smooth. Set aside.

In a large skillet or wok, stir fry the beef in one teaspoon of the canola oil until no longer pink. Remove and keep warm.

Stir-fry the onions, cashews and garlic in the remaining oil for 1 minute.

Stir the cornstarch mixture and add to the pan. Bring to a boil. Cook and stir for 2 minutes or until thickened.

Add the beef and heat through.

Serve with rice.

Per Serving (excluding unknown items): 96 Calories; 8g Fat (72.8% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 358mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1 1/2 Fat.