

Szechuan Shredded Beef

Carol Rice

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1 pound flank steak, shredded
1 tablespoon dry sherry (do not use cooking sherry)
1 tablespoon soy sauce
2 tablespoons hoisin sauce
1 teaspoon cornstarch
1 cup oil
1 ounce cellophane noodles
2 tablespoons oil
1/2 cup bamboo shoot shreds
1/2 cup carrot shreds
1/2 cup snow pea shreds
1 teaspoon salt
6 tablespoons oil
1 tablespoon ginger shreds
garlic (to taste)
1/2 - 1 teaspoon red pepper flakes

Slice the beef very thin.

In a bowl, combine and blend together the sherry, soy sauce, hoisin sauce and cornstarch. Add the beef shreds to the mixture. Set aside.

Heat oil in the wok. Deep fry dry noodles a few seconds. Drain and set aside.

Heat oil in the wok. Stir-fry the bamboo shoots, carrots and snow peas for 1 minute. Add the salt and stir. Remove from the wok and set aside.

Heat oil in the wok. Add the ginger and garlic. Add the beef mixture and stir-fry for 2 minutes. Add the red pepper, mixing well. Drain off excess oil. Add the cooked vegetables, stirring well. Remove to a platter and serve.

Per Serving (excluding unknown items): 3881 Calories; 375g Fat (86.5% calories from fat); 90g Protein; 43g Carbohydrate; 1g Dietary Fiber; 232mg Cholesterol; 3996mg Sodium. Exchanges: 2 Grain(Starch); 13 Lean Meat; 1/2 Vegetable; 68 Fat; 1 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	3881	Vitamin B6 (mg):	1.9mg
% Calories from Fat:	86.5%	Vitamin B12 (mcg):	13.2mcg
% Calories from Carbohydrates:	4.4%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	9.2%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	375g	Folacin (mcg):	42mcg

Saturated Fat (g): 58g
Monounsaturated Fat (g): 213g
Polyunsaturated Fat (g): 72g
Cholesterol (mg): 232mg
Carbohydrate (g): 43g
Dietary Fiber (g): 1g
Protein (g): 90g
Sodium (mg): 3996mg
Potassium (mg): 1633mg
Calcium (mg): 57mg
Iron (mg): 10mg
Zinc (mg): 16mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 55IU
Vitamin A (r.e.): 5 1/2RE

Niacin (mg): 21mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0 0%

Food Exchanges

Grain (Starch): 2
Lean Meat: 13
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 68
Other Carbohydrates: 1

Nutrition Facts

Amount Per Serving

Calories 3881 **Calories from Fat:** 3356

% Daily Values*

Total Fat	375g	577%
Saturated Fat	58g	291%
Cholesterol	232mg	77%
Sodium	3996mg	167%
Total Carbohydrates	43g	14%
Dietary Fiber	1g	5%
Protein	90g	
Vitamin A		1%
Vitamin C		2%
Calcium		6%
Iron		56%

* Percent Daily Values are based on a 2000 calorie diet.