

Asparagus Beef (for 12-14 servings)

You need: 1¾-2 lbs beef steak
2-tsp cornstarch
2-tsp soy sauce
3-4 lbs fresh asparagus
2-bunches green onions
4-cloves garlic, minced
2-TBS minced fresh ginger
1½-c beef broth (salt)



1. Cut steak in thin strips (1/8" by 2½"). It will be easier to do if you partially freeze meat first. Put it into a bowl with the cornstarch and toss to mix well.
2. Add soy sauce to bowl of meat and mix lightly.
3. Cut green onions and tender parts of the asparagus into thin diagonal strips.
5. Sauté meat & garlic in a little peanut oil until brown; remove from pan.
6. In same pan, gently stir-fry the asparagus, green onions and ginger for 3-4 min.
7. Add beef, increase heat, add beef broth and cook just till asparagus is tender crisp. Season with salt if necessary. Serve over rice.

If you serve 13 portions, each over ½ cup of rice:

Kcal: 261
Pro: 18 gm
Cho: 34.5 gm (2.3 portions carbo, for diabetics)
NA: 608 mg
Vit A: 653 IU
Vit C: 16.4 mg
SFA: 2.17 gm
Chol: 37.5 mg