



Beef & String Bean Stirfry

NIBBLEDISH CONTRIBUTOR

Ingredients

- 5 oz sliced flank, skirt, or other thin lean steak
- 1/2 cup sliced onion
- 1-2 cloves of sliced garlic
- 2 cups string beans
- 2 TBS yoshida sauce or soy sauce
- 1 tsp sesame or peanut oil
- red chili flakes to taste
- 1/3 cup steamed brown rice

Instructions

Saute vegis until soft in yoshidas (or soy sauce) and oil. Add sliced beef and cook until done. Stir in chili flakes until cooked through. Serve over steamed rice. This makes a wonderful dinner served with a side salad.