



Beef with Snow Peas



1½-pound flank steak (trim fat and slice very thin against the grain)

1/2 c soy sauce

1/4 c beef broth

2 T brown sugar

2 T cornstarch

8 oz. fresh snow peas (trim ends)

5 scallions, cut into half-inch pieces on the diagonal

3 T peanut, olive, or vegetable oil

crushed red pepper, optional

long-grain rice, cooked

Mix soy sauce, beef broth, brown sugar and cornstarch in a bowl. Add sliced meat and stir to coat. Set aside.

Heat oil in heavy skillet over medium heat. Add snow peas and stir for 45 seconds. Remove and drain on paper towel. Set aside.

Allow oil in skillet to heat up again. Add half the meat, leaving most of the marinade in the bowl. Add half the scallions. Spread meat flat. Cook 1-2 minutes or until brown. Turn meat and repeat. Remove to a clean plate.

Cook the other half of the meat, leaving marinade in the bowl, and the other half of the scallions in hot pan until both sides of meat are browned. Add the first plateful of meat, the marinade in the bowl and the snow peas to the pan. Cook an additional minute or until sauce thickens. Serve immediately over rice. Sprinkle crushed red pepper on top if desired.