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## Homestyle Mongolian Beef

### Ingredients:

Flank steak, 1-1/2 lbs.  
Cornstarch, 1/4 cup  
Low-sodium soy sauce, 1/4 cup  
Rice vinegar, 2 tbsp  
Brown sugar, 2 tbsp  
Sweet chili sauce, 2 tbsp  
Green onions, thinly sliced, 6  
Sesame oil, 2 tbsp  
Garlic, minced  
Grated ginger, 1 tbsp  
Red pepper flakes, 1/8 tsp  
Broccoli florets, 2 cups  
Brown rice (ready rice), 2 (8.8 oz each)

### Directions:

1. Prepare the flank steak by slicing the meat on an angle in thin strips against the grain (the grain runs along the long side of the steak).
2. In a large resealable bag, combine the steak slices and cornstarch. Shake until evenly coated, and set aside.
3. In a medium sauce pan, whisk together the soy sauce, rice wine vinegar, brown sugar, and chili sauce until evenly combined. Heat the sauce pan over medium heat until the sauce is slightly thickened—this should take about 5-7 minutes. Set aside.
4. In a large skillet, heat the sesame oil over medium-high heat. Add the garlic, ginger, red chili flakes, and green onions. Cook, stirring constantly, for about 30 seconds, or until fragrant.
5. Shake off the excess cornstarch from the reserved steak, and add it all to the skillet. Cook for 2-3 minutes, browning all sides. Add the set-aside sauce, and cook for an additional 1-2 minutes.

6. If using frozen broccoli, cook according to package directions. If using fresh broccoli, bring a medium saucepan of water to a boil. Boil the broccoli for 1-2 minutes or until tender. Drain.
7. Microwave rice according to package directions. Serve beef with brown rice and broccoli, and garnish with additional green onions if desired.

**Pro tip:** Cut the flank steak against the grain so that you're cutting the protein strands shorter, therefore making them more tender and easy to chew.