

Beef Chow Mein with Black Bean Sauce



Nutritional Info

Makes 6 servings

Amount Per Serving

Calories: 351

Total Fat: 18g

Carbs: 27g

Protein: 19g

Ingredients

1 pound steak

1 tablespoon peanut oil

4 ripe medium sized ripe tomatoes, cut into 8 wedges

One 7-ounce package Asian stir fry noodles

2 tablespoons black bean sauce

Directions

Trim excess fat from the steak and slice into very thin slices.

Preheat a pan or wok on stovetop and heat really well over high heat, then add oil. When the oil is smoking, and not until, add beef and stir fry for a couple minutes until beef changes color and is cooked through. Remove and set aside

With the pan back on the heat and smoking again, add a teaspoon of oil and the tomatoes. Stir-fry about a minute.

Add the beef, noodles and black bean sauce to the tomatoes. Stir the whole business until the flavor is through everything and all is heated.