



ARMY TEN-MILER RUNNER RECIPES JANUARY 2008

Beef & Broccoli Lo Mein

Submitted by Rebecca Hanson

I am a new mom who loves to cook. Between work and family, I am always looking for quick weeknight meals. This lo mein is one of my favorite Chinese dishes. Below is my take on it.

- ★ 8 ounces spaghetti
- ★ 1 teaspoon dark sesame oil
- ★ 1 tablespoon olive oil
- ★ 1 tablespoon fresh ginger, peeled and minced
- ★ 4 garlic cloves, minced
- ★ 3 cups fresh or frozen broccoli, chopped
- ★ 1½ cups onion, vertically sliced
- ★ 1-pound flank steak, trimmed and cut across the grain into long, thin strips
- ★ 3 tablespoons low-sodium soy sauce
- ★ 2 tablespoons brown sugar
- ★ 1 tablespoon chili paste with garlic (optional)



Cook pasta according to directions on package.

Combine pasta and sesame oil, tossing well to coat.

Heat olive oil in a large nonstick skillet over medium-high heat.

Add the ginger and garlic. Sauté 30 seconds.

Add broccoli and onion. Sauté 3 minutes.

Add steak and sauté 5 minutes or until done.

Add pasta mixture, soy sauce, brown sugar, and chili paste. Cook 1 minute or until lo mein is thoroughly heated, stirring constantly. *Enjoy!*