

KitchenAssistant

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Easy Asian Beef and Noodles

- 1 (8-ounce) rib-eye steak
- 1 teaspoon dark sesame oil, divided
- 1 cup (1-inch) sliced green onions
- 2 cups prepackaged coleslaw
- 2 (2.8-ounce) packages beef-flavor ramen noodle soup (such as Campbell's)
- 1 1/2 cups water
- 1 tablespoon low-sodium soy sauce

Trim fat from steak; cut diagonally across grain into thin slices. Heat 1/2 teaspoon oil in a large nonstick skillet over medium-high heat. Add steak and onions; stir-fry 1 minute. Remove steak mixture from pan; keep warm. Heat 1/2 teaspoon oil until hot. Add slaw; stir-fry 30 seconds. Remove slaw from pan; keep warm.

Remove noodles from packages; reserve 1 seasoning packet for another use. Add the water and remaining seasoning packet to pan; bring to a boil. Break noodles in half; add noodles to water mixture. Cook noodles 2 minutes or until most of the liquid is absorbed, stirring frequently. Stir in steak mixture, slaw, and soy sauce; cook until thoroughly heated.

Yield: 2 servings (serving size: 2 cups)

CALORIES 489(23% from fat); FAT 12.5g (sat 3.6g,mono 5g,poly 2.5g); PROTEIN 29g;
CHOLESTEROL 55mg; CALCIUM 80mg; SODIUM 1152mg; FIBER 4.9g; IRON 6.3mg;
CARBOHYDRATE 68.1g
Cooking Light, SEPTEMBER 1998