



Asian Beefalo (or Beef) with Baby Bok Choy (Chinese Cabbage) – serves 4-6

- 1 pound baby bok choy, thinly sliced
- 1 medium red pepper, thinly sliced
- 1 tablespoon fresh ginger, grated (or amount to your taste)
- 1-2 cloves garlic, minced
- 1/4 cup beef broth
- 1 pound beefalo or beef steak, thinly sliced on the cross grain into 1/4 inch slices
- 1/4 cup lite Asian toasted sesame salad dressing or your favorite Asian dressing
- 1 tablespoon soy sauce, regular or low sodium

1. Have all vegetables and meat sliced and chopped before cooking. Measure the broth, soy sauce and salad dressing; set aside.
2. Heat one tablespoon vegetable oil in a large skillet or wok. Cook meat for 3-4 minutes until meat is done. Remove from skillet and set aside.
3. Add bok choy, red pepper, half of the minced garlic, and 1 **teaspoon** of ginger. Stir-fry one minute. Stir in broth and simmer vegetables for 3-5 minutes until they are crisp tender.
4. Combine salad dressing, soy sauce, remaining garlic and ginger (to taste); add to the vegetables in the skillet. Stir in the cooked meat. Heat for 1-2 more minutes or until just heated through.
5. This may be served over white or brown rice.

Tip: To easily slice the meat thinly, partially freeze for about 30 minutes first.

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