

Marinated Beef Ribbons

1 lb Round Steak

½ cup chopped fresh basil

¼ cup reduced sodium soy sauce

1 teaspoon minced garlic

1 ½ teaspoon crushed red pepper

2 teaspoons sugar

2 teaspoons vinegar

2 cups cooked Raman noodles with seasoning in 1 cup cooking water

Trim all fat and remove any bone from steak. Slice the beef diagonally across the grain into ¼ inch strips. Combine basil, soy sauce, garlic, red pepper, sugar and vinegar into a large zip top plastic bag and shake well. Add beef to the bag. Seal and shake until the meat is thoroughly covered. Set bag in refrigerator for about 2 hours, turning occasionally. Heat a medium-sized skillet over medium heat. Add the beef and stir/flip to evenly cook the meat. After the meat is stir fried, add noodles and liquid and stir. Serve immediately with fresh seasonal fruit on the side.