

FOOD

Crispy Orange Beef

A delicious crispy and sweet, yet mildly spiced beef stir-fry recipe served with steamed rice and broccoli.

Ingredients

- 1 1/2 pounds beef top sirloin, thinly sliced
- 1/3 cup white sugar
- 1/3 cup rice wine vinegar
- 2 tablespoons frozen orange juice concentrate
- 1 teaspoon salt
- 1 tablespoon soy sauce
- 1 cup long grain rice
- 2 cups water
- 1/4 cup cornstarch
- 2 teaspoons orange zest
- 3 tablespoons grated fresh ginger
- 1 1/2 tablespoons minced garlic
- 8 broccoli florets, lightly steamed or blanched
- 2 cups oil for frying

Directions

1. Lay beef strips out in a single layer on a baking sheet lined with paper towels. Allow to dry in the refrigerator for 30 minutes. In a small bowl, mix together the sugar, rice vinegar, orange juice concentrate, salt and soy sauce. Set aside.
2. Meanwhile, combine rice and water in a medium saucepan. Bring to a boil, then reduce heat to medium-low and simmer for 20 minutes, or until rice is tender. Add more water at the end if necessary.
3. Heat oil in a wok over medium-high heat. Toss dried beef in cornstarch to coat. Fry in the hot oil in small batches until crispy and golden brown; set aside. Drain all of the oil from the wok except about 1 tablespoon.
4. Add orange zest, ginger and garlic to the remaining oil, and cook briefly until fragrant. Add the soy sauce mixture to the wok, bring to a boil, and cook until thick and syrupy, about 5 minutes. Add beef, and heat through, stirring to coat. Serve immediately over steamed rice, and garnish with broccoli.



South of the Border Casserole

Ground meat, tomatoes and corn with a little spice creates a quick meal everyone loves.



Ingredients

- 1/2 pound ground turkey
- 1/4 cup chopped onion
- 1 (16 ounce) can stewed tomatoes, undrained
- 1 (.75 ounce) packet brown gravy mix
- 1 teaspoon chili powder, or to taste
- 1/2 cup frozen corn kernels
- 1/2 cup uncooked elbow macaroni
- 1 cup shredded lettuce
- 3 tablespoons sour cream
- 2 cups corn tortilla chips

Directions

1. Bring a small saucepan of lightly salted water to a boil. Add macaroni and cook until almost tender, about 6 minutes. Drain and set aside.
2. Crumble the turkey in a large skillet set over medium heat. Cook and stir until evenly brown; drain. Add onion to browned turkey meat and cook until onion is tender, about 5 minutes. Stir in tomatoes, gravy mix and chili powder until combined then mix in the corn and macaroni. Cover; reduce heat to low and simmer, for 10 minutes, stirring occasionally.
3. Serve on a bed of tortilla chips topped with shredded lettuce and sour cream.

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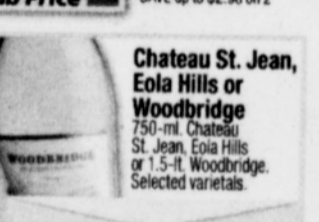
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