



Vege-Steak Mongolian Beef

- 1 can Heritage Vege-Steak, drained and cut into strips
- 1 teaspoon cornstarch
- 3 tablespoons soy sauce
- 1 tablespoon sugar
- 2 cloves chopped garlic
- 1 bunch scallions, sliced diagonally, green and white parts
- 1 small white onion, slivered

Mix cornstarch, sugar and soy sauce until smooth. Pour over Vege-Steak strips and let marinate. In the meantime, heat a small amount of oil in a skillet or wok. Add the onions and scallions and stir until they are softened. Add the Vege-Steak strips with the marinade and continue stirring until heated through. Serve with cooked rice.

Submitted by Jane S. of North Carolina