

Mongolian Beef

Serves 2-4

Ingredients:

- 2 Scoop Collagen Labores Powder
- 1 pound skirt steak, cut into 1-inch strips
- 1/3 cup reduced-sodium soy sauce
- 1/2 cup water
- 4 Table spoon Honey
- 2 cloves garlic, minced
- 1/2 teaspoon sesame oil
- 3 Table spoons sesame seeds
- 3 tablespoons cornstarch
- Green onions, diced
- Green Bell pepper, diced
- Brocoli stalk, diced



Directions:

1. Heat the sesame oil in a small sauce pot over medium heat.
2. Once hot, add the minced garlic and cook for about 1 minute, careful not to burn the garlic.
3. Add the soy sauce, water and honey and stir. Cook at a high simmer for about 5 minutes, turn off heat and set aside.
4. Meanwhile, toss the steak strips with the cornstarch in a large bowl.
5. Heat large skillet over medium-high heat.
6. Once hot, add the steak to the skillet and brown on all sides.

7. Add the soy sauce mixture and 2 scoops of Collagen Labores Powder to the skillet and continue cooking, stirring frequently for about 3 minutes.
8. Add bell pepper and broccoli stalk, stir for 3 more minutes. The sauce should reduce and thicken.
9. Once the sauce is thickened to your liking, turn off the heat and garnish with green onions. Serve over rice.