



BULGOGI BEEF STIR FRY

My Healthier Version of The Fantastic Korean BBQ Beef, Turned Into A Stir Fry

If you've ever gone out for Korean BBQ, you know what Bulgogi Beef is. As served at restaurants, it's extremely thin sliced, tender cuts of beef, marinated in a savory, sweet, slliiiiighly spicy sauce. They bring it to you on a big plate, raw... and you cook it on a big open grill in the center of your table. It... is... fantastic. Unfortunately, it's also **INSANELY** high in points (I call BS on the '5 points per serving', for the generic listing in the database). **REGULAR** Bulgogi recipes have a ton of: sugar, sesame oil, high point Korean chili sauce, Asian cooking wine.... Traditional recipes are 'point bombs', so, "5 points" is a lie. My version is skinned down and made into a stir fry, just to get it to only 4 points

Servings Info.:

Yields: 6 cups, packed
 Servings: 6
 Serving Size: 1 cup, packed



- last checked 11/21/22 -
 Use your mobile device's 'Camera' App to
 look at this code for nutritional info.

Ingredients:

Meat:

- 1-1/2 pounds uncooked lean trimmed sirloin (see notes)

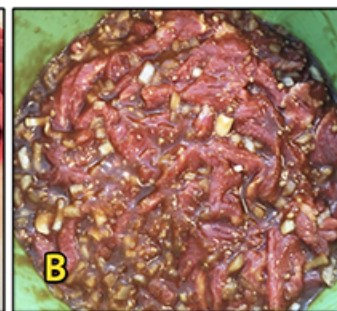
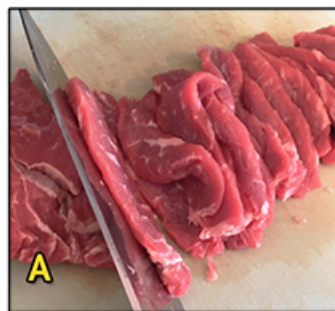
Marinade:

- 1/4 tsp baking soda, dissolved with 1/2 tsp water
- 15oz canned pears, no sugar added. Drain and rinse, then puree the pears. You'll end up with 1/2 cup pureed pear.
- 6-1/2 Tbsp lower sodium soy sauce
- 2 Tbsp 'dark' soy sauce
- 3-1/2 Tbsp 0 point sweetener o' choice (I used monkfruit)
- 2 Tbsp rice vinegar
- 6 medium garlic cloves or 2 Tbsp, minced
- 1 Tbsp fresh ginger, minced
- 2 tsp Asian chili sauce (I used Huy Fong chili garlic)
- 1-1/2 tsp miso paste
- 1 tsp sesame oil
- 1/4 tsp black pepper

Additional Ingredients:

- 1 tsp toasted sesame seeds (see 3A)
- 1 large onion, quartered and thin sliced
- 1/2 cup shredded carrots (thin strips, like for coleslaw)
- 1 large red bell pepper, sliced into thin strips
- 1 bunch green onions, sliced into 2" pieces
- 1-1/2 tsp cornstarch dissolved into 1 Tbsp water, set aside

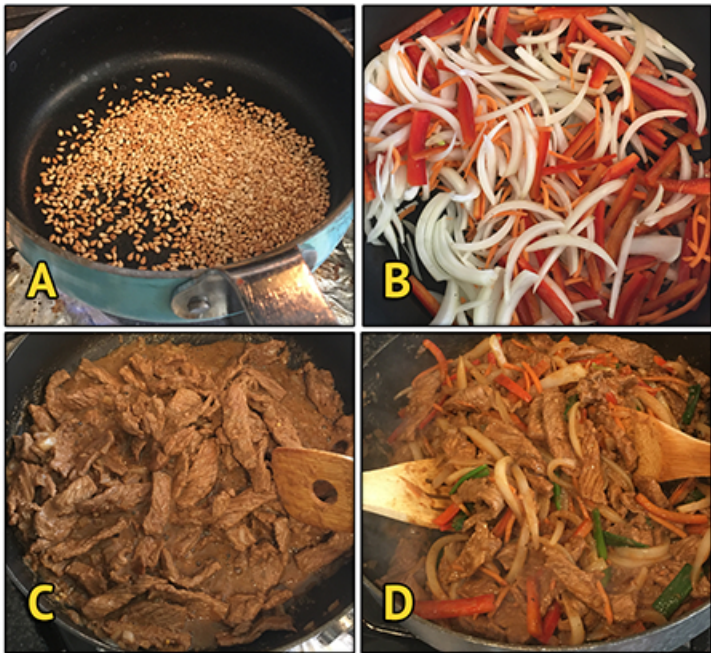
Directions:



1. **(A)** Trim as much fat and gristle off of the beef as you can, then **THINLY** slice the beef, seriously... **THIN**. Really, I'm talkin' 1/8" thick. We want thin and tender meat. **(B)** Mix the marinade together, till well combined. Rub the marinade all over the meat. Marinate the meat for at least a few hours, overnight if you can.



2. **(A)** When the meat has finished marinating, prep and slice all your veggies. **(B)** Just trust me on this... place the meat, in 2 batches, into a strainer over a bowl. You want to remove a good deal of the marinade. There will still be some left on the meat, but we want to sautee the meat... not braise it in a ton of liquid.



3. **(A)** Add 1tsp sesame seeds into a small pan and cook for a few minutes over medium heat, till the sesame seeds are toasted and golden. Set aside. **(B)** Preheat a LARGE pan for 1 minute over medium-high heat, then spray with cooking spray. Add the onion, carrots and bell pepper. Cook 3-4 minutes, or till they begin to caramelize and sweat. Remove veggies from pan, then return pan to the heat. **(C)** Add half of the meat to the pan (*see, there's still a fair amount of liquid*) and cook for 3-4 minutes, till just cooked through. Pour into a large bowl, then add the 2nd half of the meat. Once the second batch is cooked **(D)** add all of the meat and vegetables back into the pan, along with the green onions, the cornstarch solution and HALF of the toasted sesame seeds. Cook for an additional 1-2 minutes, till all ingredients are well coated in thick sauce. Garnish with the remaining toasted sesame seeds. Done.

NOTES & SUGGESTIONS:

- **SIRLOIN:** We are using a VERY SPECIFIC entry in the database for our meat. When you are checking the points for this, or adding it into your database, make sure to use the entry for uncooked lean trimmed sirloin. It's 14 total points.
- **CHICKEN:** Don't want to use beef? No problem. Use chicken breast instead. The entire platter will drop down to only 1 point per serving on both the 'regular' and 'diabetic' plans.
- **DARK SOY SAUCE:** I used 'Sushi Chef' brand dark soy sauce, when calculating this recipe's points.
- **SLICING IT THIN:** Slicing the meat thin is important for this dish. The colder the meat is, the easier it is to slice. If you put it in the freezer for 20 mins before slicing, you can make super thin slices much easier than room temperature meat.
- **PEARS:** You can peel, slice and puree fresh pears, or use unsweetened 0 point canned, drained pears like I did. I bought a 15oz can of no sugar added pears (in water), then drained, rinsed and pureed the pears. I ended up with 1/2 cup of pear puree. REGULAR bulgogi recipes use pear JUICE, which is very high in points. I'm reducing the points to 0 on the 'regular plan' by using puree instead of juice.

