



## ***Spicy Thai Beef Strips***

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**Serves 6**

1 pound beef flank steak or London broil  
¼ cup low sodium soy sauce  
2 Tbsp sesame oil  
2 Tbsp minced Asian peppers (fresh) or chili paste like Sambal Oelek  
2 Tbsp chopped green onions  
2 medium garlic cloves, minced  
2 tsp toasted sesame seeds  
1 tsp rice wine vinegar  
½ tsp black pepper  
1-2 heads green leaf lettuce, separated, washed and dried

Freeze flank steak for 30-45 minutes. With sharp knife, slice partially frozen meat into thin strips, trimming all visible fat. Place strips into plastic zip-top bag or glass baking dish.

Combine all other ingredients, except lettuce. Pour into bag or dish, coating meat well. Marinate for 8-12 hours; drain, reserving marinade. Pour marinade into saucepan. Bring to a boil. Boil for 2-3 minutes until slightly thickened. Set aside.

Grill the beef strips over medium-high heat for 1-2 minutes per side, turning once. Arrange on serving platter. Drizzle with warm marinade.

To serve, place 1-2 strips of meat onto lettuce leaf, roll and eat.

### **Nutritional Analysis**

Serving Size: 1/6 recipe

Calories	227
Total Fat	11g
Saturated Fat	3g
Cholesterol	37mg
Sodium	580mg
Carbohydrates	6g
Dietary Fiber	2g
Protein	26g

### **Diabetic Exchanges:**

Protein	3.5
Fat	2
Carbohydrates	.5