



Our Family Recipes

Lou's Chinese Beef with Mushrooms

Main Dishes

(Louise Cheran Yerkes Thompson)

2 T minced onion
1 T vegetable oil
1½ pound lean beef, thinly sliced
2 T soy sauce
½ pound fresh mushrooms, sliced

Saute onion in oil until tender, but not browned

Add beef and saute, stirring 3 minutes

Push meat to one side and stir in soy sauce and mushrooms, saute in pan juices until tender

Mix with meat and cook, covered, over medium heat for 3 minutes.

Serve with rice or Chinese noodles