

Beef

Pad Thai with Beef

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Servings: 4

Preparation Time: 15 minutes

Cook time: 10 minutes

You can substitute turkey, chicken or meatloaf mixture for the ground beef in this recipe.

1/2 package (14 oz) rice noodles

1 pound lean ground beef

4 scallions, trimmed and cut into 1-inch pieces

2 cloves garlic, minced

3 tablespoons fresh lime juice

2 tablespoons fish sauce

2 tablespoons rice vinegar

2 teaspoons sugar

2 large eggs

2/3 cup mung bean sprouts

1/4 cup chopped peanuts

lime wedges (for garnish)

Soak the rice noodles in a bowl of lukewarm water for 10 minutes.

Meanwhile, brown the beef in a large nonstick skillet over medium-high heat for 5 minutes, breaking apart with a spoon. Pour into a colander to drain.

Return the skillet to medium heat and add the scallions and garlic. Saute' for 1 minute.

Add the soaked noodles, lime juice, fish sauce, vinegar and sugar. Cook, stirring, for 1 minute.

Push the noodle mixture to one side of the skillet and crack the eggs into the skillet. Scramble the eggs, cooking for 1 minute.

Fold the eggs and reserved ground beef into the noodle mixture. Add 1/3 cup of the bean sprouts and cook for 1 to 2 minutes, until the noodles are tender and the beef is heated through. Add 1/4 cup to 1/2 cup of water if the mixture is too dry.

Transfer to a serving platter and top with the remaining 1/3 cup of beans sprouts and peanuts.

Serve with lime wedges.

Per Serving (excluding unknown items): 491 Calories; 32g Fat (58.1% calories from fat); 27g Protein; 25g Carbohydrate; 2g Dietary Fiber; 192mg Cholesterol; 121mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 Fat; 1/2 Other Carbohydrates.