

Uploaded to the VFC Website



This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

Veterans-For-Change

Veterans-For-Change is a A 501(c)(3) Non-Profit Organizaton
Tax ID #27-3820181
CA Incorporation ID #3340400
CA Dept. of Charities ID #: CT-0190794

If Veterans don't help Veterans, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



Asian Steak Salad

- 1 Pound cut-up beef for stir-fry
- 1 Package (3 ounces) Oriental-flavor ramen noodle soup mix
- 1/2 Cup Asian marinade and dressing
- 1 Bag (10 ounces) romaine and leaf lettuce mix
- 1 Cup fresh snow (Chinese) pea pods
- 1/2 Cup matchstick-cut carrots (from 10-ounce bag)
- 1 Can (11 ounces) mandarin orange segments, drained
 - 1) Spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat. Place beef in skillet; sprinkle with 1 teaspoon seasoning mix from soup mix. (Discard remaining seasoning mix.) Cook beef 4 to 5 minutes, stirring occasionally, until brown. Stir in 1 tablespoon of the dressing.
 - 2) Break block of noodles from soup mix into small pieces. Mix noodles, lettuce, pea pods, carrots, and orange segments in large bowl. Add remaining dressing; toss until well coated. Divide mixture among individual serving plates. Top with beef strips.

Makes 6 Servings

