Dinner Tonight!

Bulgogi
(Korean Barbecued Beef)

3 Tablespoons soy sauce     1/2 teaspoon ground black pepper
1 Tablespoon sesame oil     1/4 teaspoon MSG (optional)
1 Tablespoon sesame seeds   1 pound beef top sirloin, thinly sliced
1 clove garlic, minced       1 carrot, chopped
1 teaspoon white sugar      1 green onion, chopped
1/2 teaspoon salt           1/2 yellow onion, chopped

In a large resealable plastic bag, combine soy sauce, sesame oil, sesame seeds, garlic, sugar, salt, black pepper, and MSG. Place beef, carrots, and onions in the bag; seal, and shake to coat the vegetables and beef with the sauce. Refrigerate for at least 2 1/2 hours.

Preheat an outdoor grill or stove top on high heat. Remove meat and vegetables from marinade and place in a large skillet. Place a few tablespoons of the marinade in the skillet with the meat and vegetables.

Cook for 15 to 20 minutes, or to desired doneness for meat.

Preparation time: 30 minutes
Cooking time: 15-20 minutes
Serves: 4 people

Nutrition facts per serving:
Calories: 89
Total Fat: 6 g
Cholesterol: 0 mg
Sodium: < 708 mg
Total Carbohydrate: 7 g
Dietary Fiber: 2 g
Protein: 2 g

Serve with: Side Salad