



## ASPARAGUS BEEF

- 1 1/2 Pounds Flank Steak
- 4 Tablespoons Oil
- 1 1/2 Pounds Asparagus, Sliced On The Diagonal
- 1 Cup Water
- 4 Teaspoons Black Bean Sauce
- 1/2 Cup Water
- 1 1/3 Teaspoons Cornstarch

## DIRECTIONS

1. Slice beef thinly against the grain.
2. Place oil in a wok or skillet over high heat, add asparagus.
3. Toss continually for a few minutes.
4. Lower the heat, add a little water, cover and cook for 3 minutes.
5. Push asparagus to one side, moving the pan so the asparagus is not over direct heat.
6. Add a little oil to the pan and raise the heat.
7. Add beef and bean sauce.
8. Cook briskly for 4 minutes.
9. Then stir asparagus into meat.
10. Cook another minutes.
11. Mix the water and cornstarch.
12. Add to the pan, blend well. Serve hot.