

Handy-Dandy Shopping List – Spicy Orange Beef

Recipe from www.idiotskitchen.com – Adapted from Guy Fieri



1- 1.5 pounds Flank Steak

Cornstarch

Honey

Dry Sherry (found in the wine section, please do not buy “cooking sherry”)

Low Sodium Soy Sauce - found in the Asian Food Section

Hoisin Sauce – found in the Asian Food Section

Chili Garlic Sauce - found in the Asian Food Section

1 Orange

1 Red Bell Pepper

3-4 Green Onions/Scallions

Fresh Ginger Root (about 1 ½- 2 inch piece) Brown knobby root found in the produce section

Canola Oil

Sesame Oil (optional)

Brown Rice & Steamed Broccoli (not pictured)