

Print and cut out recipe label, then tape onto freezer bag with clear shipping tape.

Mongolian Beef and Noodles

Date:

Additional Ingredients:

- 2 tbsp Cornstarch mixed with 2 tbsp cold water
- 8 oz Rice Noodles or Linguine

freezermealprep.pro

Slow Cooker:

- Empty the frozen contents of the bag into a slow cooker.
- Cook on low for 4-6 hours or to an internal temperature of 165F.

Pressure Cooker:

- Empty the frozen contents of the bag into a pressure cooker, and add 1/4 cup of liquid.
- Turn the pressure to high and cook for 20 minutes with quick pressure release.

Stove-Top:

- Add thawed contents of the freezer bag to a large skillet or pot. Break up meat and bring to a boil over medium heat.
- Cover and simmer for 10-15 minutes, stirring occasionally until beef is cooked through.

Additional Instructions:

- Cook noodles according to package directions.
- Break up beef into small pieces.
- Add 2 tbsp of cornstarch mixed with 2 tbsp of water to the pot and stir. Cover and cook for 10-15 minutes (or 1-2 minutes on the stove-stop) until the sauce has thickened.
- Add noodles and serve

Serving Suggestions:

- Top with sesame seeds and diced green onions and serve with sauteed red peppers or a sauteed mixed veggie stir fry.