



100% Grass Fed Beef and Natural Vegetables  
Yoder, WY  
[meadowmaidfoods.com/recipes](http://meadowmaidfoods.com/recipes) (307) 534-2289

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## *Beef Noodle Bowl*

*Serves 4*

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You may marinate the beef for as little as 1 hour, or up to overnight. Longer marinade times allow for better flavoring and tenderizing. Cooking time is very quick.

Serve the Beef Noodle Bowl alone, or with pickled vegetables or Kim Chee, and sliced fruits for dessert. You can find a recipe for Kim Chee on our recipes page, under “Korean Beef Barbeque and Kim Chee”.

I have written this recipe using one set of ingredients, but the variations are almost as endless as your imagination and should vary with the season. See suggestions for variations, below.

### **Ingredients**

1-1.5 pound grassfed beef skirt steak (other cuts work too, see “Variations”, below)  
12 oz. soba (buckwheat) noodles  
1/2 pound fresh or frozen snow peas  
1/2 pound fresh or frozen asparagus spears  
1/2 cup raw or dry-roasted peanuts, chopped  
a dash of oriental chili sauce, optional

### **Marinade Ingredients**

3 Tbs. soy sauce  
3 Tbs. rice wine  
2 garlic cloves, pressed or mashed

### **Directions**

Combine marinade ingredients in a small bowl. Trim beef of any fat (not necessary for the skirt). Cut beef into steak-size pieces that will fit easily into your pan for cooking later. Lay pieces of beef in a non-reactive (stainless or glass) bowl. Pour marinade over all. Cover tightly and place in refrigerator. Allow beef to marinate for as little as one hour, or as much as overnight, turning occasionally if possible.

When ready to cook and serve, cook noodles according to package directions. Drain; set aside.

Heat a large skillet to medium. Remove steak from marinade and pat dry, reserving marinade. Cook steak in skillet until medium-rare, turning once. Remove steak to a cutting board and allow to rest.

Meanwhile, add snow peas and asparagus to skillet. Cook to desired tenderness. Add reserved marinade and chili sauce, if desired, then noodles. Cook and stir until heated through. Remove pan from heat while you slice the meat thinly across the grain.

Transfer noodles to a serving bowl and top with meat slices. Sprinkle chopped nuts on top.

### **Variations**

Beefsteak - skirt, flank, round, sirloin tip, boneless chuck, or sirloin are all good steak choices.

Noodles – ramen or spaghetti work, too.

Vegetable Combination Ideas - be creative. Use what’s in season!

1. sliced zucchini and onions;
2. sliced leeks, kale, and mushrooms;
3. fresh green beans and bell pepper slices;
4. carrot coins and sliced leeks.