Beijing Beef Pouch O Noodles

This recipe makes 12 servings of ½ cup stir fry and 1 cup noodles

Ingredients

2 lbs sirloin steak
¼ cup soy sauce
¼ cup rice vinegar
2 tsp cornstarch
1 medium yellow onion, chopped
1 red bell pepper, chopped
6 cloves diced garlic
6 pkg Ramen noodles, beef flavored

Sauce Ingredients
½ cup sugar
1 cup water
¾ cup Hoisin Sauce
¼ cup ketchup
¼ cup rice vinegar
2 tbsp soy sauce
2 tbsp sweet chili sauce
2 tsp crushed red pepper flakes

This recipe was contributed by John In Bibs

Directions:

1. Thinly slice the steak either by hand or with a meat slicer.
2. In a mixing bowl, combine the thinly sliced sirloin with soy sauce, rice vinegar, and baking soda. Mix well to coat the meat evenly, then let it marinate for 20-30 minutes.
3. In a separate bowl, whisk together sugar, water, hoisin sauce, ketchup, rice vinegar, soy sauce, sweet chili sauce, and crushed red pepper flakes until well combined. Set aside.
4. Heat a pan over high heat and add a splash of soy sauce. Add the marinated meat and stir-fry until cooked through. Remove the cooked meat from the pan and transfer it to a bowl.
5. If the pan is dry, add a little more soy sauce. Stir in the diced garlic and cook briefly until fragrant. Add the vegetables and stir-fry over high heat, stirring constantly, until they are slightly softened.
6. Return the cooked meat to the pan and pour in the prepared sauce. Bring the mixture to a boil over high heat and let it cook for 4-5 minutes.
7. If serving immediately: To thicken the sauce, mix 2 tablespoons of cornstarch with 2 tablespoons of water to create a slurry. Stir it into the boiling sauce and continue cooking until the sauce thickens.
8. I used 3" round molds to portion the stir-fry mixture. Pre-freeze until solid before freeze drying.
9. Cook the ramen noodles according to the package instructions, but do not use the seasoning packets.
10. Using molds, portion out the cooked noodles. Drizzle a little of the leftover sauce from the meat over the noodles for added flavor.
11. Pre-freeze until solid.
12. If using molds, pop out the frozen portions before placing them on a silicone lined tray.
13. Freeze dry (my cycle time was 40 hours)
14. Store in jars for short-term use or in mylar bags for long-term storage.

Rehydration:

Combine 1 portion of meat, 2 portions of noodles and ¾ cup of boiling water. Cover and let sit for 3 minutes. Stir and let sit for another 2-3 minutes. This is one serving.

Notes:

If you store them in single serving mylar pouches, they become an on-the-go meal containing all the food groups for a well rounded meal.

Nutritional Value Per 1 serving

Calories: 440   Protein: 19 g   Fat: 21 g   Carbohydrates: 41 g   Sugar: 13 g   Fiber: 2 g