

## Oriental Slaw



- 10 ounces beef top round steak, trimmed of all fat
  - 1/3 cup rice wine vinegar
  - 1/3 cup sugar
  - 1/2 teaspoon ground ginger
  - 1 tablespoon smooth peanut butter
  - 8 cups green cabbage (1 small head), shredded
  - 4 cups Chinese cabbage, shredded
  - 1 cup grated carrot
  - 2 cups red cabbage, shredded
1. Broil or grill beef until desired doneness, sliced into thin slivers.
  2. Mix vinegar, sugar, ginger and peanut butter in blender or food processor until smooth.
  3. Mix vegetables in large bowl. Add dressing and beef strips. Toss well. Chill at least 2 hours before serving.

Yields 4 servings.

<b>Nutrition Facts</b>		
Serving Size: about 1/4 recipe		
Servings per recipe: 4		
<b>Amount Per Serving</b>		
<b>Calories</b> 230	Calories from fat 54	
Value		% Daily
<b>Total Fat</b> 6g		10%
Saturated fat trace 2g		10%
<b>Cholesterol</b> 48mg		16%
<b>Sodium</b> 88mg		4%
<b>Carbohydrate</b> 25g		8%
Dietary Fiber 2g		10%
<b>Protein</b> 20g		40%
Vitamin A: 90%	Vitamin C: 67%	Folacin: 14%
Calcium: 7%	Iron: 14%	Potassium: 16%

**Source:** Modified from: National Beef and Livestock Boards

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