

A Bus On A Dusty Road

Life Lessons From Living in Asia

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Vietnamese Beef and Green Beans Stir-fry - Đồ xào thịt bò

Serves 6 people.

Ingredients:

10 cloves of garlic
4 small tomatoes
800 grams or 1.75 pounds of green beans
300 grams or .66 pounds of thinly sliced beef
2 teaspoons vegetable oil and additional oil for cooking.
1 heaping tsp of salt
1/4 cup water

Cooking Directions:

Cut the ends off the green beans and clean the green beans and cut them in half about 2" long per piece Cut up the tomatoes Crush and mince the garlic cloves into very small pieces

Marinate the beef with 2 teaspoons of vegetable oil and about 1/2 teaspoon of salt. Marinate Beef for at least 10 mins.

Quick boil the beans. A quick boil is when you bring the water to a boil and put the beans in it for about 1 to 2 minutes. You want them to still be crisp and not fully cooked. Rise then with water.

Heat up your Wok or pan on high. Add about 1 Tablespoon Vegetable Oil.

Cook the garlic in the wok with the oil until brown, Stir constantly. This will take about 1 minute. **Then add the beef and cook until almost done.** If the beef is thinly sliced this should also only take a minute or so. Take the beef and garlic out of the wok. Do not rise the wok, but put aside the beef and garlic mixture. Do not turn off the heat on the stove.

Add 1 tablespoon vegetable oil to the wok.

Now add the tomatoes to the wok. Cook them for a bit and then **add 1/4 cup water.** When cooking the tomatoes smash them up so they become like stewed tomatoes.

Once the tomatoes are fully cooked, **add the green beans and stir them together.** Cook the tomatoes and green beans together a few minutes mixing them up as you are cooking them.

Cook until the tomato and green beans are until almost done. You do not want to over cook them.

Then add the beef mixture into the beans and tomatoes mixture and stir fry them together for about 1- 2 minutes, stir frequently. If you want to at this stage you can turn the heat down just a bit.

Once fully cooked the Vietnamese beef, green beans and tomato stir-fry dish is ready to eat.

We like to serve the Vietnamese Beef, Green Beans and Tomato with Brown Rice and the Vietnamese Cucumber Salad.