

last hurrah

title to come title to come

Back has
directions
Kar

Will somebody
make sure this
gets changed to
the real title
and sent to the
printer on time
this month for
a change?

Thanks. —RD

X Memo to Doug
Re: National Be Late for Something Day,
Sept. 5.

I think this story from the Procrastinators Club of America could work for us but we're still waiting for the final ~~story~~ copy. Deadline was two weeks ago but apparently the writer had some trouble with her car, or dog, or sunspots, or something, and we haven't seen a word. I'll go ahead and set this note into type to temporarily fill the space. At least the recipe is finished. Whenever the real story finally arrives, ~~if ever~~, I'll have art trash this and make the switch. Shouldn't be a problem.

EASY ASIAN BEEF AND NOODLES

Even if you're very, very late, you'll have time to make this.

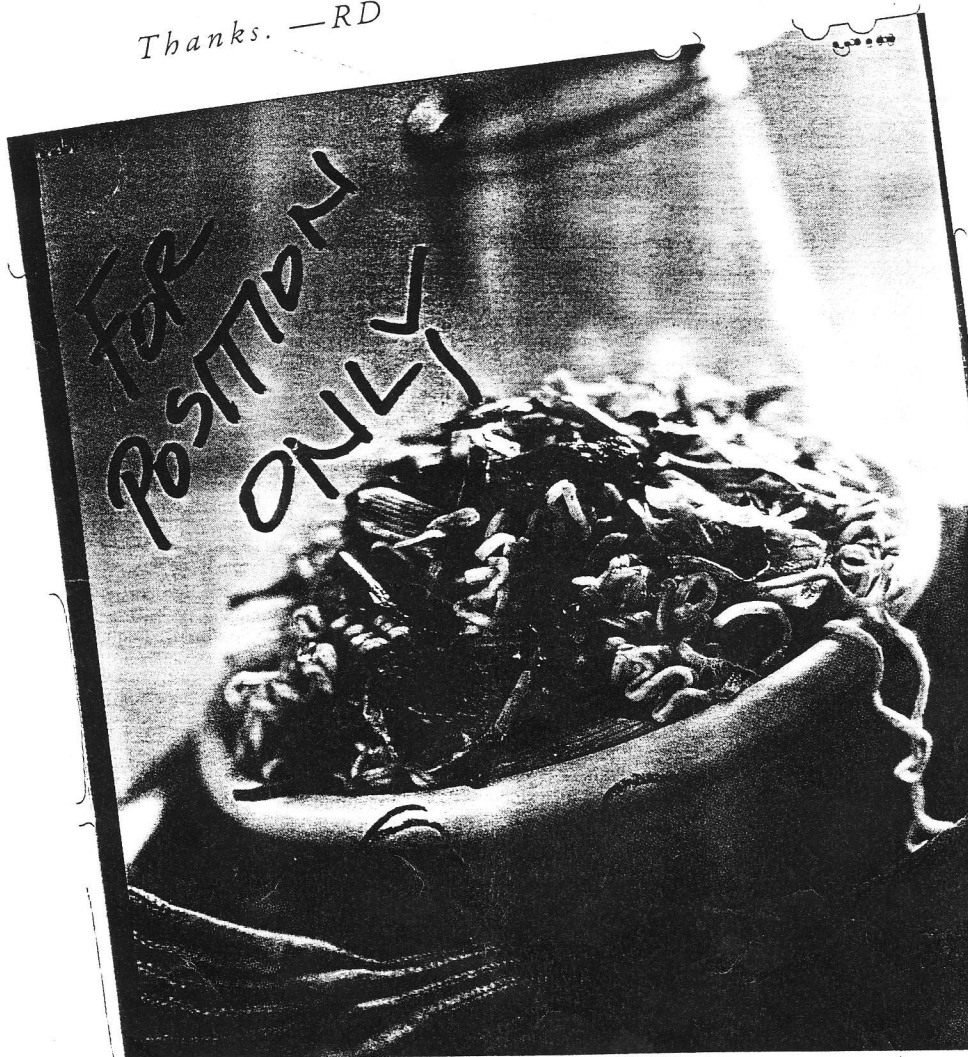
- 1 (8-ounce) rib-eye steak
- 1 teaspoon dark sesame oil, divided
- 1 cup (1-inch) sliced green onions
- 2 cups prepackaged coleslaw
- 2 (2.8-ounce) packages baked, beef-flavor ramen noodle soup (such as Campbell's)
- 1½ cups water
- 1 tablespoon low-sodium soy sauce

1. Trim fat from steak; cut diagonally across grain into thin slices. Heat ½ teaspoon oil in a large nonstick skillet over medium-high heat. Add steak and onions; stir-fry 1 minute. Remove steak mixture from pan; keep warm. Heat ½ teaspoon oil until hot. Add slaw; stir-fry 30 seconds. Remove slaw from pan; keep warm.

2. Remove noodles from packages; reserve 1 seasoning packet for another use. Add the water and remaining seasoning packet to pan; bring to a boil. Break noodles in half; add noodles to water mixture. Cook noodles 2 minutes or until most of the liquid is absorbed, stirring frequently. Stir in steak mixture, slaw, and soy sauce; cook until thoroughly heated. Yield: 2 servings (serving size: 2 cups).

CALORIES 489 (23% from fat); FAT 12.5g (sat 3.6g, mono 5g, poly 2.5g); PROTEIN 29g; CARB 68.1g; FIBER 4.9g; CHOL 55mg; IRON 6.3mg; SODIUM 1152mg; CALC 80mg

Contributing Editor Jim Fobel's latest cookbook is Jim Fobel's Casseroles.



FOR
POSITION
ONLY

Notes
5/1/91

PLEASE
CLEAN UP
EDGE OF BOWL

Recipe by Jim Fobel

family

Easy Asian Beef &
Noodles

Lg.

2 lbs meat

3 bags + 1 small
head of
Caul.

4 Ramen

16 oz rib-eye steak But
~~I~~ used Costco
short ribs boneless
steaks

2 t. (plus) sesame oil divided

1 1/2 C ~~(plus)~~ sliced green onions

3 bags packaged cabbage

3 (2.8g) beef Ramen noodles

4 1/2 C water

2 T plus soy sauce

follow
directions on paper