

# Ground Beef Lo Mein



This is an easy, budget-friendly stir-fry meal. You can make the sauce in advance and refrigerate, which makes this even more suitable for a quick weeknight dinner. Feel free to customize the choice of veggies to your liking; this is just a combo that we enjoy.

**Prep:** 20 mins

**Cook:** 20 mins

**Total:** 40 mins

**Servings:** 4

**Yield:** 4 servings



## Ingredients

6 ounces spaghetti

1 pound lean ground beef

### Sauce:

3 tablespoons hoisin sauce

2 tablespoons reduced-sodium soy sauce

2 tablespoons oyster sauce

2 tablespoons water

1 tablespoon dry sherry

2 teaspoons sesame oil

2 teaspoons cornstarch

1 teaspoon brown sugar

### Vegetables:

1 tablespoon olive oil

1 red bell pepper, cored and sliced vertically

1 sweet onion, peeled and sliced vertically

1 cup snow peas

1 stalk celery, sliced

## Directions

### Step 1

Bring a large pot of lightly salted water to a boil. Cook spaghetti in the boiling water, stirring occasionally, until tender yet firm to the bite, about 12 minutes.

### Step 2

Meanwhile, cook ground beef in a large skillet over medium heat until browned and crumbly, but still a little chunky, about 5 minutes. Remove from skillet and set aside.

### Step 3

Whisk hoisin sauce, soy sauce, oyster sauce, water, sherry, sesame oil, cornstarch, and brown sugar together in a small bowl.

### Step 4

Heat olive oil in the same skillet over medium-high heat. Add red bell pepper, onion, snow peas, celery, ginger, garlic, and red pepper flakes. Stir-fry until the vegetables are tender, about 5 minutes. Return ground beef to the skillet and mix well.

### Step 5

Drain spaghetti and to the skillet with the sauce. Cook and stir until mixture is well combined and sauce has slightly thickened, about 3 minutes. Serve immediately and garnish with sliced green onions.

## Cook's Note:

Use ground sirloin instead of lean ground beef, if desired.

## Nutrition Facts

### Per Serving:

517 calories; protein 26.7g; carbohydrates 48.6g; fat 23.3g; cholesterol 70.8mg; sodium 616.9mg.

2 teaspoons minced fresh ginger  
root

1 teaspoon minced garlic

1 pinch red pepper flakes  
(Optional)

1 tablespoon thinly sliced green  
onion

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