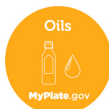


Bo Luc Lac (Shaking Beef)

Prep Time: 5 minutes Total Time: 40 minutes



Ingredients

- 1 ½ cups long grain brown rice
- 10 oz sirloin angus beef steak
- 1 tablespoon oyster sauce
- 1 tablespoon less sodium soy sauce
- 2 teaspoons ground black pepper
- 2 teaspoons garlic powder
- 2 teaspoons granulated sugar
- 1 tablespoon vegetable oil
- 1 yellow onion, chunked
- 3 stalks green onion, chopped
- 1 head of Romaine lettuce, chopped
- 2 tomatoes, sliced



Directions

- 1) Rinse rice 2 to 3 times.
- 2) Bring 2 ¾ cups of water to a boil, then turn heat to low and add rice.
- 3) Cover pot and let cook for 18-20 minutes.
- 4) Turn off the heat and let sit uncovered for 5-10 minutes.
- 5) Cut steak into small bite sized and marinate with oyster sauce, soy sauce, pepper, garlic, and sugar in a bowl.
- 6) With a pan on high heat, add oil and beef and let sit for 10-20 seconds.
- 7) Shake and stir the beef for 2 minutes.
- 8) Add yellow onions to pan and let cook for 2 minutes.
- 9) Turn off heat and stir in green onions.
- 10) Plate 1 cup cooked beef and onions over Romain lettuce and tomatoes.
- 11) Serve with ¾ cup of rice and enjoy!



Recipe adapted from:
<https://bunbobae.com/vietnamese-shaking-beef-bo-luc-lac/>

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 Virginia Cooperative Extension • Family Nutrition Program

Nutrition Facts

4 servings per container
 Serving size 1 Plate

Amount per serving
Calories 460

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 330mg	14%
Total Carbohydrate 70g	25%
Dietary Fiber 6g	21%
Total Sugars 6g	
Includes 2g Added Sugars	4%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 4mg	20%
Potassium 902mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Vietnam is a tropical country that is located on the eastern edge of the Indochinese Peninsula, in Southeast Asia. Vietnam is heavily populated with a population of 105,758,975 as of 2024. The official language spoken is Vietnamese. Vietnam is a socialist republic led by the Communist Party.

Overview of Common Foods

- **Staples:** Rice, rice noodles, and fish sauce
- **Animal products:** Fish, chicken, duck, eggs, beef, pork, and buffalo
- **Produce:** Spinach, beansprouts, Malabar spinach, cassava, maize, fruits, bananas, coconuts, and mangos
- **Herbs/spices/flavoring:** Fish sauce, oyster sauce, spring onion, coriander, garlic chives, dill, cilantro, galangal, paddy herb, basil, and perilla leaf



Agricultural Products of Country/Region

- Hilly landscape and tropical climate
- Rice, sugarcane, cassava (manioc), corn, sweet potatoes, coffee, and nuts

Substitutions for Cultural Foods

- Galangal → Ginger
- Cassava → Potatoes and yams
- Duck → Chicken thighs
- Perilla leaf → Basil leaves, spinach, and mint

Food and Health Beliefs

In Vietnamese culture, the Ying/Yang grouping of foods is used for a balanced diet and good health. Yang foods are hot and Yin foods are cold. Sickness is caused by an imbalance of these foods.