

# Bean Sprouts, Beef and Broccoli Asian Pasta Salad

## Ingredients

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- 1 lb penne pasta
- 2 c broccoli florets
- 1 lb rare roast beef, sliced thin  
bite-size strips
- 3 medium carrots, peeled and  
coarsely grated
- 1 medium red bell pepper, thinly  
sliced
- 2 c bean sprouts
- 3 green onions, thinly sliced
- 1/2 c chopped roasted or  
honey-roasted peanuts
- 1/4 c cilantro, freshly chopped

## Instructions

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Bring 1 gallon of water and 2 tablespoons of salt to boil in a large soup kettle. Add pasta and, using package times as a guide, boil, stirring frequently and adding broccoli the last 1 minute, until just tender. Drain thoroughly (do not rinse) and dump onto a large, lipped cookie sheet. Set aside while preparing remaining salad ingredients.

Place all salad ingredients (except soy-ginger dressing) in a large bowl or transfer to a gallon-size zipper bag. (Can be covered and refrigerated several hours at this point). When ready to serve, add dressing; toss to coat and serve.