

Beef and Broccoli Stir-fry — Yield 4 Servings

All

3 Tbsp Cornstarch
½ Cup water, plus
2 Tbsp water
½ tsp garlic powder
1 lb boneless round, chuck steak cut into 3 inch strips
2 Tbsp vegetable oil
4 Cups broccoli florets
1 small onion, wedged
1/3 Cup soy sauce
2 Tbsp brown sugar
1 tsp ground ginger

In a bowl combine 2 Tbsp Cornstarch, 2Tbsp water, garlic powder and mix until smooth

Add beef and toss

In a large heated skillet or wok, medium heat stir fry beef in 1 Tbsp oil until done.

Remove beef and add broccoli and onion, cooking for 5 minutes.

Return beef to pan.

In a separate bowl add soy sauce, brown sugar, ginger, 1 Tbsp cornstarch and ½ cup water mixing until smooth.

Add to beef and broccoli stirring for 2-3 minutes