

August 8, 2018
Beef & Broccoli Stir Fry

Ingredients:

3 Tbsp. cornstarch, divided
½ c. plus 2 Tbsp. water, divided
½ tsp. garlic powder
1 pound boneless round steak, cut into thin 3-inch strips
2 Tbsp. vegetable oil, divided
4 c. broccoli florets
1 small onion, cut into wedges
1/3 c. soy sauce
2 Tbsp. brown sugar
1 tsp. ground ginger
Hot cooked rice

Directions:

Prepare rice according to package directions and set aside to keep warm.

In a bowl, combine 2 Tbsp. cornstarch, 2 Tbsp. water and garlic powder until smooth. Add sliced beef and toss. In a large skillet or wok over medium-high heat, stir-fry beef in 1 Tbsp. of oil until beef reaches desired doneness. Remove from pan; cover to keep warm.

Stir-fry broccoli and onion in remaining oil for 4-5 minutes. Return browned beef to the pan. In a small bowl combine soy sauce, brown sugar, ginger and remaining cornstarch and water, mixing until smooth, then add to the pan of beef and vegetables.

Cook and stir for 2 minutes to season and thicken.

Serve over hot, cooked rice.



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