

Beef and Broccoli with Garlic Sauce

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This hearty and healthy Asian-inspired beef dish is bursting with flavors. Thin slices of beef are stir-fried in a garlic sauce and served with blanched broccoli. Garlic, ginger and bean paste bring out the savory flavors this dish and sliced bamboo shoots add a crunch.

This Broccoli Beef stir fry only takes minutes to make. Serve over rice for a perfect weeknight dinner that will be loved by all.

Ingredients:

1/2 lb of beef boneless sirloin or round steak.
1 lb broccoli, cut into small pieces
2 cups rice, cooked
6 cloves garlic, minced
1/4 teaspoon of salt.
Dash of white pepper
1 tsp cornstarch
1 tsp soy sauce
1 tsp sesame oil
1/4 c. chicken broth
1 tsp olive oil
1 tsp ginger root, minced
2 tsp brown bean paste
1 (8 oz) can sliced bamboo shoots, drained

Directions:

Trim the fat from beef.

1. Cut beef lengthwise into 2-inch strips. Cut the strips crosswise into 1/8-inch slices. Toss with salt and pepper and set aside.
2. Place the broccoli in 1 inch of water. Heat to boiling. Cover and cook for 2 minutes or until cooked through but still crunchy. Immediately rinse with cold water and drain.
3. In small bowl combine cornstarch and soy sauce; stir in sesame oil and broth.
4. Spray a non-stick wok or large skillet with cooking spray; heat over medium-high heat. Add beef and stir fry for about 2 minutes or until browned. Remove beef from wok and set aside.
5. Cool wok slightly. Wipe clean and respray. Add oil and rotate wok to coat sides, and heat over medium-high heat.
6. Add garlic, ginger root and bean paste and stir-fry for 30 seconds. Add bamboo shoots and stir-fry for 20 more seconds.
7. Add beef and broccoli back to wok. Stir in cornstarch mixture, cook and stir about 1 minutes until thickened.

Serve over rice.

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