

Beef and Broccoli with Garlic Sauce

Printed from Broccoli Recipes at <http://www.broccolirecipes.net/>

Ingredients:

1/2 lb of beef boneless sirloin or round steak.
1 lb broccoli, cut into florets and 1 * 1/2-inch pieces (4 cups).
2 cups of hot cooked rice.
1 tablespoon of finely chopped garlic (6 cloves).
1/4 teaspoon of salt.
Dash of white pepper.
1 teaspoon of cornstarch.
1 teaspoon of soy sauce.
1 teaspoon of sesame oil.
1/4 cup of chicken broth.
1 teaspoon of vegetable oil.
1 teaspoon of finely chopped ginger root.
2 tablespoons of brown bean paste.
1 (8 oz) can of sliced bamboo shoots, drained.

Directions:

Trim the fat from beef.

Cut the beef lengthwise into 2-inch strips.

Cut the strips crosswise into 1/8 inch slices. Toss the beef with salt and white pepper.

Place the broccoli in 1 inch of boiling water; heat to boiling. Cover and cook for 2 minutes.

Immediately rinse with cold water and drain.

Mix cornstarch and soy sauce; stir in sesame oil and broth.

Spray non-stick wok or 12-inch skillet with non-stick cooking spray; heat over medium-high heat until cooking spray starts to bubble.

Add beef; stir-fry for about 2 minutes or until brown.

Remove beef from wok.

Cool wok slightly.

Wipe clean and respray.

Add oil and rotate wok to coat sides.

Heat over medium-high heat.

Add garlic, ginger root and bean paste and stir-fry for 30 seconds.

Add bamboo shoots and stir-fry for 20 seconds.

Stir in the beef and the broccoli.

Stir in the cornstarch mixture; cook and stir about 30 seconds or until thickened.

Serve over rice.