

Beef-and-Broccoli Stir-Fry
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Active: 15 minutes

Total: 15 minutes

Serves: 4

1/2 cup beef broth
6 tablespoons soy sauce
3 tablespoons light brown sugar
2 tablespoons sesame oil
1-1/2 tablespoons cornstarch
2 garlic cloves, grated (1 teaspoon)
1 (1-inch) piece fresh ginger, peeled and finely grated (1 teaspoon)
2 tablespoons canola oil, divided
6 cups small fresh broccoli florets (16 oz.)
1-pound boneless sirloin steak (1-inch thick), thinly sliced (about 1/4-inch thick)
2 cups hot cooked white rice
Garnishes: sesame seeds, crushed red pepper, and sliced scallions

1. Whisk together beef broth, soy sauce, brown sugar, sesame oil, cornstarch, garlic and ginger in a small bowl until sugar dissolves. Set aside
2. Heat 1 tablespoon of the canola oil in large skillet over medium; add broccoli florets. Partially cover; cook, stirring occasionally, until broccoli is tender-crisp, about 5 minutes. Remove from skillet; set aside.
3. Increase heat to high; add remaining 1 tablespoon canola olive to skillet. Place steak slices in an even layer in skillet, and cook, stirring occasionally, until mostly browned, about 3 minutes. Stir in broth mixture and reduce heat to medium high. Cook, stirring constantly until thickened, about 1 minute. Remove skillet from heat; add reserved broccoli, stirring until well coated. Serve over rice; garnish with sesame seeds, crushed red pepper and scallions.