

Broccoli Beef I

Jacob · 29/09/2024

**Prep Time**

30 mins

Difficult

Medium

Servings

4

Description

Round steak and broccoli are quickly cooked in a soyginger sauce Serve over hot rice or noodles

Ingredients

- - ¼ cup all-purpose flour - 1 (10.5 ounce) can beef broth - 2 tablespoons white sugar - 2 tablespoons soy sauce - 1 pound boneless round steak
- cut into bite size pieces - ¼ teaspoon chopped fresh ginger root - 1 clove garlic
- minced - 4 cups chopped fresh broccoli

Instructions

1. In a small bowl
2. combine flour
3. broth
4. sugar
5. and soy sauce. Stir until sugar and flour are dissolved. In a large skillet or wok over high heat
6. cook and stir beef 2 to 4 minutes
7. or until browned. Stir in broth mixture
8. ginger
9. garlic
10. and broccoli. Bring to a boil
11. then reduce heat. Simmer 5 to 10 minutes
12. or until sauce thickens.