



## Easy Beef and Broccoli

**SERVINGS** 4  **PREP TIME** 10 mins **COOK TIME** 10 mins

### INGREDIENTS

- 3 tbsp cornstarch, divided
- 1 lb flank steak, cut into thin 1-inch pieces
- 1/2 cup low sodium soy sauce
- 3 tbsp packed light brown sugar
- 1 tbsp minced garlic
- 2 tsp grated fresh ginger
- 2 tbsp vegetable oil, divided
- 4 cups **La Fe Broccoli Florets**
- 1/2 cup sliced white onions

---

### DIRECTIONS

1. In a large bowl, whisk together 2 tablespoons of cornstarch with 3 tablespoons of water. Add the beef to the bowl and toss to combine.
2. In a separate small bowl, whisk together the remaining 1 tablespoon cornstarch with the soy sauce, brown sugar, garlic, and ginger.
3. Heat a large nonstick saute pan over medium heat. Add 1 tablespoon of the vegetable oil and once it is hot, add the beef and cook, stirring constantly until the beef is almost cooked through. Using a slotted spoon, transfer the beef to a plate and set it aside.
4. Add the remaining tablespoon of vegetable oil to the pan and once it is hot, add the broccoli florets and sliced onions and cook, stirring occasionally, until the broccoli is tender about 4 minutes.
5. Return the beef to the pan then add the prepared sauce. Bring the mixture to a boil and cook, stirring, for 1 minute or until the sauce thickens slightly. Serve with rice or noodles.