

RECIPES FROM AL KRISMER PLANT FARM

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Broccoli Beef

"Round steak and broccoli are quickly cooked in a soy ginger sauce. Serve over hot over rice or noodles."



PREP TIME **15 Min**
COOK TIME **15 Min**
READY IN **30 Min**
SERVINGS & SCALING
Original recipe yield: 4 servings

INGREDIENTS

- 1/4 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
- 1/4 teaspoon chopped fresh ginger root
- 1 clove garlic, minced
- 4 cups chopped fresh broccoli

DIRECTIONS

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

