



EASY BEEF & BROCCOLI STIR-FRY

*This recipe provided by: Chef Michelle Strom of MRS Gourmet Chef
www.mrsgourmetchef.com
Cooking Demonstration– May 10, 2014*

INGREDIENTS

<i>3 tablespoons cornstarch, divided</i>	<i>4 cups broccoli florets</i>
<i>1/2 cup plus 2 tablespoons water, divided</i>	<i>1 small onion, cut into wedges</i>
<i>1/2 teaspoon garlic powder</i>	<i>1/3 cup reduced sodium soy sauce</i>
<i>1 lb. boneless round steak or charcoal chuck steak, cut into thin 3-inch strips</i>	<i>2 tablespoons brown sugar</i>
<i>2 tablespoons vegetable oil, divided</i>	<i>1 teaspoon ground ginger</i>
	<i>Hot cooked rice, if desired</i>

DIRECTIONS

1. In a bowl, combine 2 tablespoons cornstarch, 2 tablespoons water and the garlic powder until smooth. Add cut beef and toss.
2. In a large skillet or wok over medium heat, stir-fry beef in 1 tablespoon oil until beef reaches desired doneness; remove from pan and keep warm.
3. In the same pan, stir-fry broccoli and onion in remaining oil for 4-5 minutes. Return beef to pan.
4. Combine soy sauce, brown sugar, ginger, and remaining cornstarch and water until smooth; add beef and broccoli mixture.
5. Serve over rice, if desired

See [The Farmers Market Shopping List](#) on reverse.



The Farmers Market Farm-to-Table Chef Series - Season 8
Holly Springs • North Carolina



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SHOPPING LIST

Please visit the vendors at [The Farmers Market](#) who offer items for today's cooking demonstration:

Your Favorite Farmers Market Vendor

Broccoli flowerets
1 small onion
1 lb. boneless round steak or charcoal chuck steak

Other Ingredients Needed:

Cornstarch
Water
Garlic powder
Vegetable oil
Reduced sodium soy sauce
Brown sugar
Ground ginger
Hot cooked rice, if desired

www.HSFarmersMarket.com



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