

Beef with Broccoli

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This easy version of the Chinese takeout classic requires only a short marinade to make the beef fork-tender. Serve over white or brown rice. Serves 4.

Prep Time: 10 minutes + 1 hour for marinade Cook Time: 8 minutes

First, marinate the meat:

- 1/2 tsp baking soda
- 1 tsp sugar
- 1 tbsp cornstarch
- 1 tbsp low-sodium soy sauce
- 1 tbsp water
- 2 tbsp vegetable oil
- 1 1/2 lbs flank steak, sliced into thin strips

1. Whisk together the baking soda, sugar, cornstarch, soy sauce, water, and vegetable oil in a large bowl. Toss the steak with the marinade to coat. Cover and refrigerate at least 1 hour, then proceed below.

- 1/2 c low-sodium soy sauce (Do NOT use regular. The final product will be way too salty)
- 2 tbsp brown sugar
- 4 cloves garlic, minced
- 2 tbsp flour
- 1 tbsp sherry
- 3 tbsp vegetable oil
- 2 heads broccoli, crowns only

1. In a small bowl, stir together the soy sauce, brown sugar, garlic, flour and sherry until smooth. Set aside.

2. In a large wok or saute pan, heat 2 tablespoons of the vegetable oil over high heat until shimmering. Add broccoli and saute 3 minutes, stirring often. Transfer broccoli to a plate.

3. Reduce heat to medium-high. Carefully add the remaining tablespoon of oil to the hot pan. Add the marinated meat and half of the sauce mixture and saute for 3-4 minutes, stirring often, until the meat is cooked through and no longer pink. Stir in the broccoli and remaining sauce. Saute 1 minute more. Serve.