

## BEEF AND BROCCOLI

### Ingredients:

- 1 lb beef, thinly sliced
- 1 lb broccoli (about 6 cups cut)
- 2 teaspoons sesame seeds (optional)
- Canned corn (optional)
- Water chestnuts (optional)
- Green onion (optional)
- olive oil

### Sauce

- 2 teaspoons fresh ginger, grated
- 5 cloves garlic, grated
- 1/2 cup hot water
- 6 tablespoons soy sauce
- 3 tablespoons brown sugar
- 1 1/2 tablespoon corn starch
- 1/4 teaspoon black pepper
- 2 tablespoons sesame oil



### Instructions:

- (1) Start cooking rice so its done at the same time.
- (2) Combine all sauce ingredients in a bowl, stir well, and set aside.
- (3) Pour a bit of oil and a couple tablespoons of water in a large skillet. Add broccoli and saute for about 8 minutes covered. Set aside.
- (4) Cook the beef in a bit of olive oil, just until done (like 5 minutes).
- (5) Reduce heat, add the sauce (and corn and waterchestnuts if desired) and simmer for about 5 minutes. It will thicken up a bit. Add the broccoli and stir. Serve with sesame seeds and green onion.