

Beef and Broccoli Stir Fry

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The Church of St. Michael and St. George - St. Louis, MO - 1985

Servings: 4

*1 pound boneless round
steak, trimmed and cut in
thin slices*

*1/2 pound fresh broccoli,
trimmed and cut in diagonal
slices and florets*

3 tablespoons water

2 teaspoons sugar

1/2 teaspoon ground ginger

1/2 teaspoon salt

1/2 teaspoon pepper

1/4 teaspoon garlic powder

2 tablespoons oil

1/4 cup sherry

In a bowl, combine one tablespoon of water, sugar, ginger, garlic powder, salt and pepper. Add the steak, tossing to coat.

Refrigerate for 30 minutes to one hour.

In a Wok or skillet, stir fry the steak in two tablespoons of oil for 2 to 5 minutes. Remove the steak.

Add the broccoli, sherry and two tablespoons of water to the pan. Cover and cook for 2 to 3 minutes.

Add the steak back to the pan. Stir to combine.

Serve.

Per Serving (excluding unknown items): 107 Calories; 7g Fat (65.0% calories from fat); 2g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 283mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.