

## Beef

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# Broccoli-Beef Stir-Fry

Better Homes and Gardens Garden Fresh Recipes - July 2011

**Servings: 4**

**Start to Finish Time: 35 minutes**

**8 ounces Chinese egg noodles**  
**1 tablespoon vegetable oil**  
**1 pound boneless beef top loin steaks, cut into bite-size strips**  
**1 medium onion, cut into thin wedges**  
**1 medium carrot, thinly bias-sliced**  
**1 tablespoon fresh ginger, grated**  
**2 cloves garlic, minced**  
**3 cups broccoli florets**  
**1 cup beef broth**  
**1 tablespoon cornstarch**  
**1 tablespoon soy sauce**  
**1 teaspoon toasted sesame oil**  
**1/2 teaspoon crushed red pepper**  
**1/2 cup cashew halves and pieces**  
**1 tablespoon toasted sesame seeds**

Cook the noodles according to package directions. Drain and set aside.

In an extra-large skillet, heat the vegetable oil over medium-high heat.

Add the beef strips. Cook and stir for 4 minutes or until browned. Remove the beef from skillet.

Add the onion, carrot, ginger and garlic to the skillet. Cook and stir for 2 to 3 minutes or until tender.

Add broccoli to the skillet. Cook and stir for 4 to 5 minutes or until crisp-tender.

For the sauce, in a small bowl combine the broth, cornstarch, soy sauce, sesame oil and crushed red pepper.

Add the sauce to the skillet. Cook and stir until thickened and bubbly.

Add the noodles, beef and cashews to the skillet. Heat through.

Sprinkle with the toasted sesame seeds.

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Per Serving (excluding unknown items): 104 Calories; 5g Fat (38.1% calories from fat); 5g Protein; 11g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 600mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1 Fat.