

# Beef and Broccoli Stir Fry II

Brenda Brodersen - Newton, IA  
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## Servings: 4

*1 pound lean beef (sirloin)*  
*1 clove garlic, crushed*  
*1 teaspoon salt*  
*1 teaspoon grated ginger*  
*2 teaspoons cornstarch*  
*1/2 teaspoon 5 spice powder*  
*1/2 pound fresh broccoli*  
*2 teaspoons cornstarch*  
*2 tablespoons water*  
*2 tablespoons soy sauce*  
*4 tablespoons cooking oil*  
*1 1/2 teaspoons sesame oil*

## Preparation Time: 15 minutes

### Cook Time: 20 minutes

Cut the beef into thin strips.

In a bowl, mix together the garlic, salt and ginger. Combine with the beef slices.

In a bowl, mix 2 teaspoons of cornstarch and 5 spice powder. Toss the beef in the mixture.

Cut the broccoli into small sprigs.

In a bowl, mix two teaspoons of cornstarch, water and the soy sauce.

Heat both oils in a skillet (or wok), and saute' the beef for 2 minutes. Add the broccoli and cook for 5 minutes, stirring constantly on medium high heat. Stir in the cornstarch mixture. Mix well and cook until thick.

Best served with rice.

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Per Serving (excluding unknown items): 167 Calories; 16g Fat (80.2% calories from fat); 2g Protein; 6g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1063mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 3 Fat.