

LAMORA FAMILY'S 'BETTER THAN TAKEOUT' BEEF & BROCCOLI RECIPE



Ingredients:

- 4 cups LaMora Farms Broccoli florets
- 3 TBSP cornstarch, divided
- ½ cup water
- ½ tsp garlic powder
- 1 ½ lbs stir fry steak, cut into strips
- 2 TBSP vegetable oil
- 1 onion, cut in wedges
- 1/3 cup reduced sodium soy sauce
- 2 TBSP brown sugar
- 1 tsp ground ginger
- Hot cooked rice (optional)

Directions:

In a bowl combine 2 tbsp cornstarch, 2 tbsp water and garlic powder until smooth. Add beef and toss. In a large skillet or wok over medium-high heat, stir beef in oil until beef reaches desired doneness then remove and keep warm. Stir fry broccoli and onion in oil, adding water and covering until broccoli is tender. Combine soy sauce, brown sugar, ginger & 1 tbsp cornstarch and add to broccoli and return steak to pan. Cook and stir for 2 minutes. Serve as is or over warm rice.