



## Beef and Broccoli

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- Stir Fry Beef Strips (1/2 -3/4 lb)
- Soy Sauce
- Ginger
- 1 TBSP Corn Starch
- Frozen Broccoli Stir Fry Veggies
- Rice

### Directions

Place uncooked Beef Strips in a bowl cover with 3-4 TBSP of Soy Sauce. Let sit 20 Minutes.

While the Beef is marinating is a good time to cook/steam rice.

Heat a skillet or wok over medium heat. Add beef, a pinch of ginger, 2 TBSP Soy Sauce, and 1 TBSP Cornstarch. Cook Beef Strips for 3-5 minutes. . Add the bag of frozen stir fry veggies.

Stir the mixture together and let cook another 5 minutes.

Serve over rice.