



Uploaded to VFC Website

▶▶▶ January 2013 ◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](#)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Beef-Broccoli Stir-Fry

Prep Time: 10 mins

Cook Time: 20 mins

Rest Time: 10 mins

Total Time: 30 mins

Ingredients

- 2 tablespoon soy sauce, reduced-sodium
- 1 tablespoon cornstarch
- 1 tablespoon vinegar, white
- 1 tablespoon ginger, fresh, grated
- 1/4 teaspoon pepper, red, crushed
- 2 clove(s) garlic, minced, minced
- 12 ounce(s) beef, top sirloin steak
- 1 bunch(es) broccoli
- 2 teaspoon oil, cooking
- 2 medium carrot(s), bias-sliced 1/8 inch thick
- 3/4 cup(s) broth, reduced-sodium beef
- 4 scallion(s) (green onions), bias-sliced
- 2 cup(s) squash, spaghetti, cooked, or angel hair pasta



Preparation

1. For marinade, in a medium bowl, combine soy sauce, cornstarch, vinegar, ginger, crushed red pepper, and garlic. Trim fat from meat. Cut meat across the grain into 1/8-inch-thick slices. Add meat to marinade; toss to coat. Cover and marinate at room temperature for 10 minutes. Drain meat, discarding marinade.
2. Meanwhile, cut broccoli florets from stems. If desired, peel stems. Cut stems into 1/4-inch-thick slices.
3. In a wok or large skillet, heat 1 teaspoon of the oil over medium-high heat. Add meat; cook and stir in hot oil for 2 to 3 minutes or until slightly pink in center. Remove meat from wok or skillet.
4. Add the remaining 1 teaspoon oil to hot wok or skillet. Add broccoli and carrots; cook and stir for 1 minute. Add beef broth: cook and stir for 5 to 7 minutes or until vegetables are crisp-tender, stirring to scrape up any browned bits from bottom of wok or skillet. Return cooked meat to wok or skillet. Add green onions; heat through. Serve immediately over hot cooked spaghetti squash or pasta.