

Oriental Beef Stir-Fry



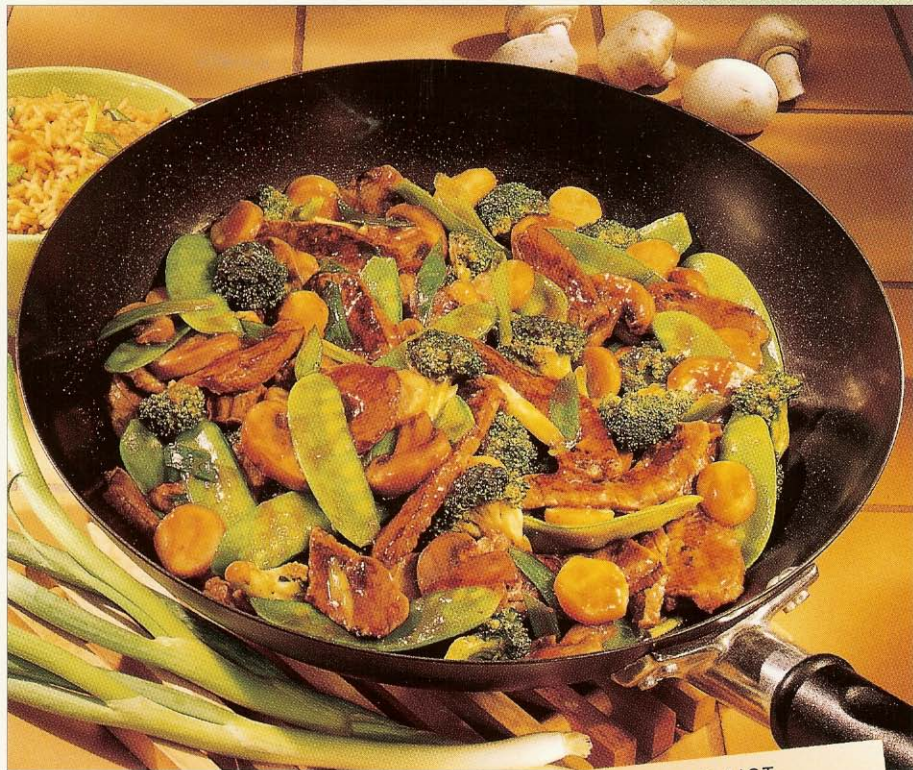
PREPARATION TIME
10 minutes



COOKING TIME
10 minutes



PERFECT PARTNER
fried rice



There's no need to discard the broccoli stems when preparing fresh broccoli. Peel and cut them into matchstick-size pieces, and cook them along with the florets— or serve in salads or as snacks.

SHOPPING LIST

- sirloin steak • green onions
- broccoli • mushrooms
- water chestnuts • soy sauce
- frozen snowpeas • beef broth

ON HAND

- oil • garlic • cornstarch

INGREDIENTS

- 1 (1-pound) sirloin steak
- 4 green onions
- 1 (10-ounce) can beef broth
- 1 tablespoon cornstarch
- 1 tablespoon soy sauce
- 2 tablespoons vegetable oil
- 1 clove garlic, minced
- 2 cups chopped broccoli
- 1 (7-ounce) can sliced water chestnuts, drained
- 1 cup sliced mushrooms (4 ounces)
- 1 (10-ounce) package frozen snowpeas

SERVES **6**

COOKIN' *Express*

- Reduce vegetable preparation time. Use a large package of a frozen mixed vegetable medley instead of the fresh vegetables.
- Use a wok or an extra-large pan to speed cooking time. The larger cooking surface will allow the food to heat faster.

Make Ahead

Prepare the beef through step 2 and refrigerate for up to 3 days, or freeze for up to 2 weeks. Thaw; stir-fry for about 3 minutes. Proceed as recipe directs.

VARIATION

For extra color and crunch, add some thinly sliced carrots in step 3 and stir in $\frac{1}{4}$ cup cashews just before serving.

1 Cut steak into thin slices. Cut green onions into 1-inch pieces. Combine broth, cornstarch and soy sauce in a small bowl; mix until cornstarch dissolves. Set aside.



2 Heat oil in a large skillet or wok over medium-high heat. Add steak and garlic. Stir-fry for 3 minutes or until browned. Remove with slotted spoon; keep warm.

3 Add broccoli, water chestnuts, green onions and mushrooms to skillet. Stir-fry for about 3 minutes. Return steak to skillet. Add snowpeas.



4 Add broth mixture to skillet. Cook, stirring continually, for 3 minutes or until thickened.