

The ingredients make an eye appealing colorful dish. This great meal works great with noodles.

Beef and Greens Stir Fry

- 1 pound sirloin steak cut into strips
- 1 teaspoon minced garlic in oil
- 2 teaspoons grated ginger
- 1 tablespoon soy sauce
- 1 large onion cut into wedges
- 3 cups fresh sliced mushrooms
- 3 cups broccoli florets
- 1 teaspoon chicken bouillon powder
- 2 teaspoons cornstarch
- 1/2 cup water
- Green onions sliced
- Chinese five spice powder

Heat non-stick frying pan until hot. Add beef strips, garlic, ginger and soy sauce. Stir fry for 2 minutes until meat is no longer pink. Add onion wedges, sliced mushrooms, and broccoli florets.

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Stir fry for another 4 minutes until broccoli is tender crisp. Combine bouillon powder, cornstarch and water in small cup. Slowly stir in beef mixture until thicker. Add onion and five spice powder and stir for 2 to 3 minutes. Serve alone or with rice.



When cooking a stir fry use oil with a high smoking point for best results. That means the oil can stand up to high heat before smoking and burning like, Vegetable oil, canola oil and grape seed oil are great oils to use. Peanut oil is excellent, and it also adds a nice flavor to the stir-fry.

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