

chattavore

BEEF WITH BROCCOLI

Prep time: 1 hour 30 minutes (includes inactive prep time to freeze and marinate the meat)

Cook time: 15 minutes

Serves 4

- 1 pound boneless beef, trimmed of fat (flank steak or skirt steak are preferred)
- 1/3 cup low-sodium chicken broth
- 3 tablespoon soy sauce
- 3 tablespoons dry sherry
- 1 1/2 tablespoons cornstarch
- 1 tablespoon grated fresh ginger or 1 teaspoon ground ginger
- 1/4 cup vegetable or canola oil
- 1 clove garlic, minced
- 3/4 pound broccoli, florets cut apart, stems quartered and cut into small pieces
- 1 red, yellow, or orange pepper, seeded and cut into 1-inch pieces
- 8 ounces sliced water chestnuts, drained
- 1 cup grape tomatoes, halved

1. Place the beef onto a baking sheet and place in the freezer for 45 minutes. Remove from the freezer and slice the beef as thinly as possible against the grain. Place into a large bowl.
2. Stir together the chicken broth, soy sauce, sherry, cornstarch, and ginger until the cornstarch is dissolved. Pour 1/4 cup of the sauce over the beef and toss to coat. Let stand for 30 minutes.
3. Heat 2 tablespoons of the oil in a large skillet or wok over medium-high heat. Remove the beef from the marinade and cook until no longer pink. Remove from the skillet and set aside. Wipe out the skillet.
4. Heat the remaining 2 tablespoons of oil over medium-high in the skillet. Add the garlic and sauté for about 30 seconds. Add the broccoli, peppers, and water chestnuts and sauté until crisp-tender, stirring constantly. Add the remaining sauce and cook until thickened. Add the beef and the tomatoes and cook until heated through. Serve with rice or chow mein noodles.