



FARMERS MARKET

37685 South Gratiot – Clinton Township, MI 48036 – 586.469.2525

Beef and Broccoli Stir-Fry –

3 tbl. soy sauce

3 tbl. apple juice

1 tbl. cider vinegar

1 tbl. sugar

3 garlic cloves, minced

Freshly ground black pepper

1 ¼ lbs. flank steak, cut diagonally across the grain into ½ inch by 3 inch strips

1 tbl. plus 1 tsp. canola oil

1 tbl. cornstarch

1 head of broccoli (1 pound) stems trimmed, peeled, and cut into ¼ inch rounds, florets separated into bite-sized pieces

Coarse salt

- 1. In a large shallow bowl, mix soy sauce, apple juice, vinegar, sugar, garlic and ¼ tsp. pepper. Add meat; toss to coat. Let marinate 15 minutes. Transfer meat to a plate, reserve marinade.**
- 2. Heat 1 tbl. oil in a 12 inch nonstick skillet or wok over high heat. In two batches, cook the meat until lightly browned, turning once, about 2 minutes. Remove meat. Add ½ cup water to pan; stir up browned bits with a wooden spoon. Pour into marinade. Whisk in cornstarch.**
- 3. In the same skillet, stir-fry broccoli in remaining oil over high heat until bright green and crisp, tossing often, 2 minutes. Add 1 cup water; cook until broccoli is tender, 6-8 minutes.**
- 4. Stir marinade, add to pan, and bring to a boil. Cook, stirring, until thickened, 30 seconds. Return meat to pan; toss to coat. Season with salt and pepper. Serve over rice or Chinese noodles.**

Credit: Everyday Food