

TERIYAKI BEEF AND BROCCOLI

COOKEE'S TOOL KIT

Wok or medium sized skillet
Measuring Cups
Measuring Spoons
Cutting Board
Chef's knife
Small bowl
Medium bowl
Tongs or wooden spoon



*Chefsville
Kids*



Ingredients

| | |
|---------------------------------|--|
| 1 lb strip loin grilling steak | ½ cup beef broth or stock |
| 1 teaspoon fresh ginger, minced | 1 bunch Broccoli, cut into small florets |
| 1 clove of garlic | 4 large mushrooms, sliced |
| 1 tablespoon cornstarch | 1 Red bell pepper, thinly sliced |
| 2 tablespoons soy sauce | 1 tablespoon vegetable oil |

Garnish with 2 green onions, sliced diagonally

Directions

1. Freeze beef for 20 minutes. This will firm it up and make slicing easy. Slice beef across the grain into very thin strips. Trim off any excess fat. Discard the fat. Place in a bowl with 1 teaspoon cornstarch and 1 tablespoon of soy sauce. Set aside.
2. Heat 1 teaspoon of vegetable oil in a large skillet or wok over medium-high heat. When pan is hot add the beef and stir until it is brown, about 3 minutes. Transfer meat to a plate.
3. Return skillet to heat and add the remaining teaspoon of vegetable oil, broccoli, ginger, and stir fry for 3 minutes.
4. Add remaining cornstarch (2 teaspoons) and ½ cup of beef broth and stir with a spoon until smooth.
5. Add beef, soy sauce and broth mixture, mushrooms, and red bell peppers. Bring to a boil, stir constantly until the sauce thickens. About 2 minutes.

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