



15 minutes. Squeeze the lemons over the broccoli and drizzle with additional oil.

### **Beef and Broccoli**

3 tablespoons cornstarch, divided

½ cup water or more

2 tablespoons water, divided

½ teaspoon garlic powder

1 pound boneless round or chuck steak, cut into thin 3-inch strips

2 tablespoons vegetable oil, divided

4 cups broccoli florets

1 small onion, cut into wedges

¼ cup reduced-sodium soy sauce

2 tablespoons brown sugar

1 teaspoon ground ginger

hot cooked rice

In a bowl, combine 2 tablespoons cornstarch, 2 tablespoons water and garlic powder until smooth.

Add beef and toss.

In a large skillet or wok over medium high heat, stir-fry beef in 1 tablespoon oil until beef reaches desired

doneness. Add broccoli, onion, and soy sauce mixture. Stir-fry 5 minutes. Add brown sugar and ginger. Stir-fry 5 minutes. Add cornstarch slurry and cook until thickened. Serve over hot cooked rice.

