

# Beef and Broccoli

## Ingredients

- 1 1/2 lbs Beef, sliced in strips (round roast or sirloin)
- 1 Head Broccoli, chopped
- 1/2 cup Soy Sauce
- 2 tablespoons Oil, plus a little more for frying
- 2 tablespoons Molasses or Brown Sugar
- 2 teaspoons Ground Mustard
- 1 teaspoon Ground Ginger
- 1 clove Garlic, minced
- 1-2 tablespoons Cornstarch

## Directions

1. Mix all ingredients except beef, broccoli, and cornstarch.
2. Marinate beef in mixture for 30 minutes.
3. Heat small amount of oil over medium-high heat. Remove beef from sauce and fry with 1 head of broccoli and cook until broccoli is tender.
4. Whisk remaining sauce with 1 - 2 tablespoons cornstarch. Add to beef/broccoli and cook over low heat until sauce has thickened.
5. Serve over cooked rice.