




INGREDIENTS

- 1 Pound Flank Steak (thinly sliced into bite-sized strips)
- 2 Tablespoons Olive Oil (divided)
- 3 Cups Broccoli Florets
- 2 Teaspoons Sesame Seeds (optional garnish)
- 1 Teaspoon Fresh Ginger (grated; loosely packed)
- 2 Teaspoons Garlic (grated)
- ½ Cup Hot Water
- 6 Tablespoons Low Sodium Soy Sauce or Gluten Free Tamari
- 3 Tablespoons Packed Light Brown Sugar
- 1½ Tablespoons Corn Starch
- ¼ Teaspoon Black Pepper
- 2 Tablespoons Sesame Oil

DIRECTIONS

1. Cover and freeze steak 30 minutes for easier slicing, then thinly slice against the grain.
2. Combine all ingredients starting with the ginger in a bowl, stir well to dissolve the sugar, and set aside.
3. Place a large skillet over medium heat and add 1 tablespoon oil. Add broccoli florets and sauté 4-5 minutes, partially covered with lid, stirring or tossing several times until broccoli is bright green and crisp-tender, then remove from pan. Tip: If you prefer softer broccoli, add 2 tablespoons water before covering with the lid and it will steam cook the broccoli.
4. Increase heat to high and add 1 tablespoon oil. Add beef in a single layer and sauté 2 minutes per side or just until cooked through.
5. Add the sauce, reduce heat to medium/low and simmer 3-4 minutes. It will thicken. Add broccoli and stir to combine. Stir in 1-2 tablespoons water to thin the sauce if desired.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

5 Cups

PORTION SIZES

Toddler: ½ Cup
Preschool: ¾ Cup
School Age: 1 Cup
Adult: 1 Cup