

Broccoli Beef

Ingredients

1 to 1 1/2 lbs. beef top round steak, partially frozen, thinly sliced across the grain into bite-size pieces

1 16 oz. package frozen broccoli

1 jar Oriental Secrets Savory Brown Sauce

Preparation Steps

1. Preheat a skillet or wok over high heat and add 2 tablespoons of vegetable oil.
2. Add beef and stir-fry until well done.
3. Add broccoli and Savory Brown Sauce, stir, cover and simmer for 3 minutes.
4. Serve over steamed rice. Makes 4-6 servings.

Nutritional Information