



## PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

### BEEF AND BROCCOLI

1 pound beef flank steak, thinly sliced

¼ cup cornstarch

3 tablespoons vegetable oil (divided)

1 ½ cups beef broth

1 bunch broccoli, cut into bite size pieces

¼ cup soy sauce

1 tablespoon sugar

2 tablespoons cornstarch

2 tablespoons dry sherry

1 can (8 ounces) bamboo shoots, drained

5 cloves garlic, minced

2 teaspoons sesame oil

1. In medium bowl, combine beef, the ¼ cup cornstarch, and 1 tablespoon of the vegetable oil; let stand for 20 minutes.
2. Heat remaining 2 tablespoons of oil in wok over high heat. Add beef and stir-fry for 2 to 3 minutes or until just no longer pink. Remove from wok onto large plate.
3. Add broth and broccoli to wok and bring to a boil; cover and steam broccoli for 2 minutes. Stir in soy sauce and sugar.
4. In small bowl, combine the 2 tablespoons cornstarch and sherry. Add to wok and cook for 1 to 2 minutes or until thickened.
5. Stir in cooked beef, bamboo shoots, and garlic; cook for 1 to 2 minutes or until heated through.
6. Sprinkle with sesame oil and serve.

Makes 4-6 servings.

