

Carolyn Bociurko

Vegetable Beef Stirfry

½ lb beef sirloin steak
¼ cup vegetable oil
1 garlic clove, crushed
1 head broccoli, broken into flowerettes
3-4 medium carrots, sliced thinly
1 onion, diced
1 cup mushrooms, sliced
2 tbsp soy sauce
½ tsp ginger powder
¼ cup water
1 tbsp cornstarch

Cut beef across the grain into 1x4 cm strips. In wok or fry pan heat 2 tbsp oil over medium heat. Add garlic, heat until yellow. Remove.

Add beef, stir-fry 2-3 min. Remove from pan and keep warm. Heat remaining 2 tbsp oil. Add broccoli and carrots. Stir-fry 2-3 minutes. Add onions and mushrooms. Stir-fry for 1 minute more.

In a bowl, combine soy sauce, ginger, water, and cornstarch. Stir into the vegetable mixture. Reduce heat to medium low. Cover and cook for 3 minutes. Return beef to wok and heat through. Serve with rice.