

# Beef and Broccoli Stir-Fry

Make a sizzling stir-fry featuring  
seasoned meat and tender veggies!



Prep time: 20 minutes  
Cook time: 15 minutes  
Yield: 4-6 servings

## What You Need Ingredients

### For the rice:



1 cup short or medium grain rice



2 cups water

### For the stir-fry:



$\frac{1}{3}$  cup soy  
sauce



$\frac{1}{2}$  cup +  
2 Tbsp water



2 Tbsp  
cornstarch



2 Tbsp brown  
sugar



1 tsp garlic  
powder



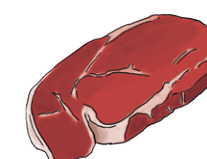
$\frac{1}{2}$  tsp ground  
ginger



$\frac{1}{2}$  white onion



2 crowns  
broccoli



1 lb. top  
sirloin



1 Tbsp  
grapeseed or  
vegetable oil

## Tools



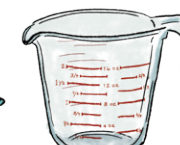
sieve or  
colander



dry measuring  
cups



medium pot  
with lid



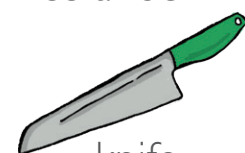
liquid measuring  
cups



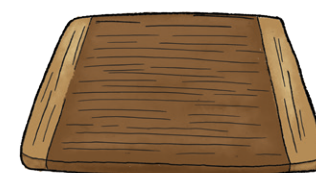
medium  
bowl



whisk



knife



cutting board



large bowl



large skillet  
or wok with lid



wooden spoon  
or spatula



fork

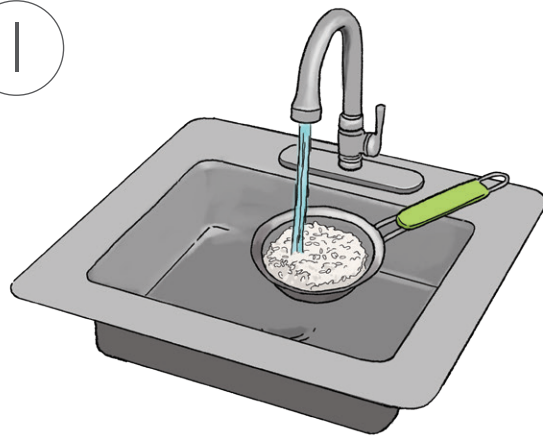


Always wash your hands before cooking and make sure an adult  
is present. Visit [raddishkids.com/pages/safety](http://raddishkids.com/pages/safety) for all our guidelines.



# Steps

1



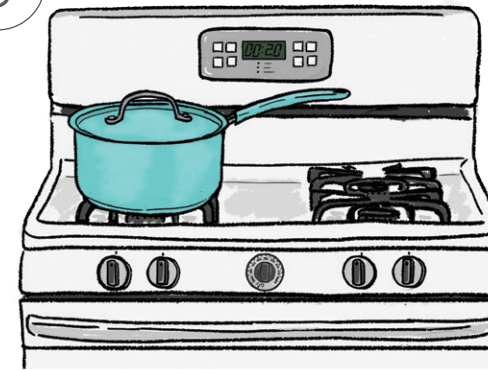
Add rice to sieve or colander. Rinse rice until the water running through it is almost clear. Drain well.

2



Add rice and water to medium pot. Bring mixture to a boil over high heat.

3



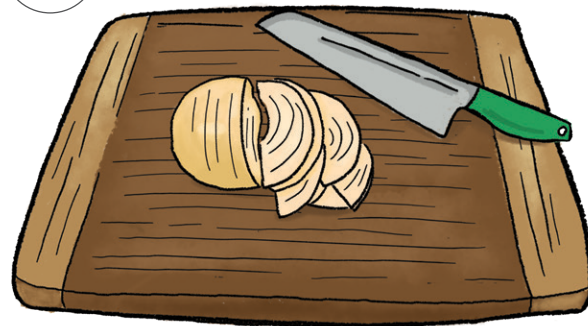
Reduce heat to low, cover and cook for 20 minutes. Meanwhile, proceed to Step 4.

4



Whisk soy sauce,  $\frac{1}{2}$  cup water, cornstarch, brown sugar, garlic powder, and ground ginger in a medium bowl. Set aside.

5



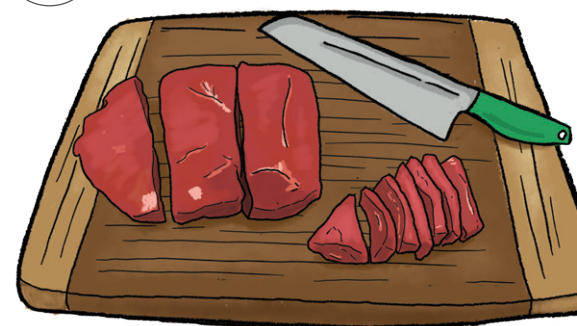
Peel onion half. Cut into thin slices. Add to large bowl.

6



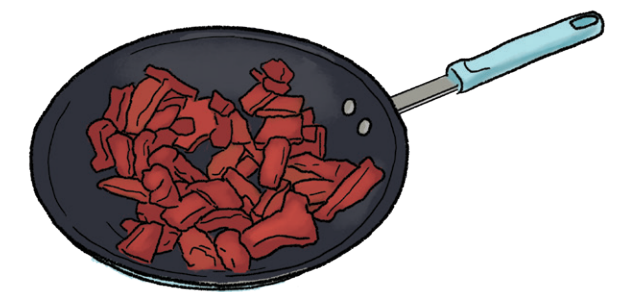
Cut or tear broccoli into medium sized pieces. Add to onions.

7



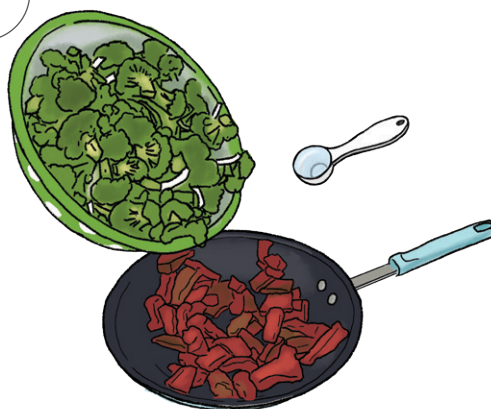
Cut beef into thin slices. Wash your hands and workstation thoroughly when finished.

8



Heat 1 Tbsp oil in skillet or wok over high heat. Add beef and sear (without stirring) for 1 minute.

9



Reduce heat to medium. Add onions, broccoli, and 2 Tbsp water. Stir well.

10



Cover and steam until broccoli is crisp-tender, about 5 minutes.

11



Add sauce. Stir well. Simmer for 5 minutes until sauce thickens, stirring occasionally.

12



Fluff rice with fork and portion into serving bowls. Top with stir-fry. TASTE & SHARE!