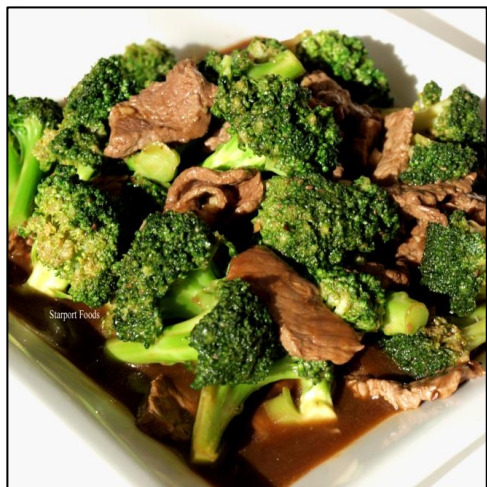




## Gluten Free Beef and Broccoli with Brown Stir Fry Sauce



### Ingredients for Family Serving

- 12 oz. Sirloin Steak, sliced ¼"x1"x2"
- 2 tsp. Cornstarch
- ½ C. **Brown Stir Fry Sauce\*** (Starport 214  
Gluten Free)
- ¾ lb. Broccoli, floret's
- 2 cloves Garlic, minced
- 2 Tbsp. Vegetable oil

\* Other delicious gluten free sauces for this recipe: **Coconut Curry Sauce** (Starport 123), **General Kung Pao Sauce** (Starport 345), **Hawaiian Sweet and Sour Sauce** (Starport 215), **Spicy Orange Sauce** (Starport127) and **Spicy Red Hunan Sauce** (Starport 212)



### Instructions

1. Marinate sliced beef with 2 tsp. cornstarch and 1 Tbsp. oil about 15 minutes or more.
2. Boil water in a 4 quart pot; blanch half of the broccoli, bring water back to a boil for 30 seconds. Remove broccoli with a slotted spoon, put into a colander, drain and set aside.
3. When the water returns to a boil, blanch the remaining broccoli for 30 seconds, remove, drain and set aside.
4. Heat wok on high heat. When hot, add oil, then beef. Spread out beef evenly, without stirring, sear for 2 minutes.
5. Add garlic, turn beef and sear for another 2 minutes.
6. Add **Brown Stir fry Sauce** and broccoli and sauté until steaming hot. Remove and serve.