

# Beef and Broccoli

3 tablespoons cornstarch, divided

1½ cup water, plus

2 tablespoons water, divided

1½ teaspoon garlic powder

1 lb boneless round steak or 1 lb chuck steak, cut into thin 3-inch strips

2 tablespoons vegetable oil, divided

4 cups broccoli florets

1 small onion, cut into wedges

1½ cup reduced sodium soy sauce

2 tablespoons brown sugar

1 teaspoon ground ginger

hot cooked rice

In a bowl, combine 2 tablespoons cornstarch, 2 tablespoons water and garlic powder until smooth.

Add beef and toss.

In a large skillet or wok over medium high heat, stir-fry beef in 1 tablespoon oil until beef reaches desired doneness; remove and keep warm.

Stir-fry broccoli and onion in remaining oil for 4-5 minutes.

Return beef to pan.

Combine soy sauce, brown sugar, ginger and remaining cornstarch and water until smooth; add to the pan.