



## One-Pan Beef & Broccoli

**Yield:** 4-6 servings

**Prep Time:** 10-15 minutes

**Cook Time:** 20 minutes

**Allergens:** wheat/gluten (soy sauce)

**Kitchen Tools:** cutting board, knife, frying pan, tongs

### Ingredients:

1 pound	Beef Top Sirloin Beefeater Steak or Stir-fry Strips
1 head	Broccoli
2 tbsp	Canola oil
3 cloves	Garlic
2/3 cup	Hot water (for sauce)
¼ cup	Low sodium soy sauce
3 tbsp	Brown sugar
2 tbsp	Corn starch
3 tbsp	Sesame oil

### Food Preparation Instructions:

1. Wash and dry your hands.
2. Place a cutting board on the countertop with a damp cloth underneath it to keep the board from sliding around.
3. Rinse the broccoli under cold running water and then gently shake it to get the excess water out. Set on a clean kitchen towel or paper towel to drain.
4. Cut the bottom end of the stem off, about ¼ inch. Using a vegetable peeler, peel the tough outer skin off the remaining stem of the broccoli. Throw away broccoli peels.
5. Cut the stem from the broccoli florets and cut into ¼-inch pieces. Cut the florets of the broccoli into bite-sized pieces. Place the broccoli in a bowl and set aside.
6. Peel the dry skin off 3 cloves of garlic; throw the skins away. Place the peeled garlic clove on the cutting board. Place your fingertips on top of the knife blade near the tip. Keeping the tip of the knife on the cutting board, use an up and down motion, moving side to side to chop the garlic into smaller pieces. Continue until the pieces are very small. Place in a medium bowl.



7. To the bowl of garlic, add the hot water, soy sauce, brown sugar, cornstarch, and sesame oil. Whisk to combine the ingredients and set aside. This is your sauce.
8. Using the same cutting board, cut the beef in half in the same direction as the grain and then thinly slice the beef into 2-inch strips cutting across the grain. Place the sliced beef into a bowl and set aside.
9. Wash your hands after handling the raw beef.
10. Clean up the counterspace. Place the cutting board in the sink to be washed and the knife on the counter by the sink to be washed. Never leave a sharp knife in the sink to be washed because someone could accidentally cut themselves.
- 11. Now follow the cooking directions below.**

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### **Cooking Directions:**

#### **Cook the beef & broccoli:**

1. Place a large frying pan or heavy pot on the stove top and turn the heat to medium (5-6 on the dial). Check to see if the pan is hot by holding the back of your hand a few inches above the pan.
2. Add 1 tablespoon of oil to the hot pan.
3. Add the beef and cook it until it browns, turning beef over once, about 5 minutes.
  - a. *The beef may have to be cooked in two batches if the pan is too small.*
4. Remove cooked beef from the pan to a clean bowl and set aside.
5. In the same frying pan over medium heat (5-6 on the dial), add 1 tablespoon of oil. Add the broccoli and cook until it softens, stirring occasionally, for about 3-4 minutes.
6. Pour the sauce into the pan with the broccoli and simmer for 1-2 minutes.
7. Add the beef back into the pan and stir to mix everything together. Cook for another 2-3 minutes.

**Serve while hot. This beef & broccoli dish pairs well with rice or potatoes.**

**Beef Top Sirloin Beefeater Steak:** Top sirloin is a tender, flavourful cut of beef from the top loin muscle.

### One-Pan Beef & Broccoli

Estimated cost to serve 4 people:

QUANTITY	INGREDIENT	RECIPE COST (estimated)
1 pound (454 g)	Beef Top Sirloin Beefeater Steak <i>(you can also use beef stir-fry strips)</i>	\$9.00
1 head	Broccoli <i>(you can use 3 cups frozen broccoli florets if you don't have fresh)</i>	\$3.99
2 tablespoons (30 ml)	Canola or vegetable oil	\$0.19
3 cloves	Garlic, minced	\$0.12
2/3 cup (160 ml)	Hot water (for sauce)	\$0.00
¼ cup (60 ml)	Low sodium soy sauce	\$0.33
3 tablespoons (45 ml)	Brown sugar	\$0.13
2 tablespoons (30 ml)	Corn starch	\$0.20
3 tablespoons (45 ml)	Sesame oil	\$1.09
<b>TOTAL: \$15.06/recipe = \$3.76/person</b>		

