



Beef & Broccoli Bowl

This recipe can be made with the help of young children. They can take turns measuring the ingredients and reading the steps and will be excited to share the finished product with family members!

Source: *Cooking Light*

Servings

6

Ingredients

3 cups cooked rice, soba noodles, or rice noodles

1/3 cup lower-sodium soy sauce

1 1/2 Tbsp cornstarch

1 1/2 Tbsp hoisin sauce, or substitute with barbeque sauce

1 lb boneless sirloin steak, cut into thin strips

1 Tbsp canola oil

3 cups broccoli florets

1 1/2 cups red onion, vertically sliced

1 1/2 cups carrots, chopped

3/4 cup water

1 Tbsp dark sesame oil

1/2 cup green onion, sliced



Preparation

1. Cook rice or noodles according to the package directions.
2. Combine soy sauce, cornstarch, hoisin sauce, water, and dark sesame oil in medium bowl to create a marinade. Add beef, toss to coat, and set aside.
3. Heat oil in a large skillet on high heat, swirl to coat.
4. Using a slotted spoon or tongs, move beef to pan, reserving marinade. Cook 2 minutes or until browned, stirring occasionally. Remove beef from pan.
5. Add broccoli, onion, and carrot to pan; cook 4 minutes or until broccoli is crisp-tender, stirring occasionally. Add reserved marinade and bring to a boil. Cook 1 minute.
6. Add beef and cook 1 minute, or until thoroughly heated.
7. Sprinkle with green onions. Serve over rice or noodles.

Dig Deeper

For information recipes, lessons, resources, guides, and more, visit:

mtharvestofthemonth.org

