



**CAMP
SOUTHERN
GROUND**

BEEF & BROCCOLI STIR FRY

Prep Time: 30 minutes | **Cook Time:** 10 minutes | **Servings:** 4

INGREDIENTS

- 1 lb. fresh broccoli florets (approx. 2 heads of broccoli)
- 1 lb. steak (flank, skirt, or sirloin work great. Sliced thin against the grain or have your butcher do it!)

Marinade

- 2 T coconut aminos (a soy sauce substitute, can also use low sodium gluten free soy sauce but reduce to 1.5 T)
- 1 t sesame oil
- 1 t baking soda

Sauce

- 1 t cornstarch
- ½ cup beef bone broth (chicken or beef broth work as well)
- 1 T Mirin rice wine (can sub 1 t rice vinegar with 2 t water and 1 t sugar)
- 1/3 c oyster OR hoisin sauce
- 2 T olive oil
- 2 T fresh garlic, minced
- 1 T fresh ginger, minced
- 1 red bell pepper, thin sliced
- 1 onion, thin sliced
- Sesame seeds (for garnish)

INSTRUCTIONS

1. Combine ingredients for marinade thoroughly, then add the sliced beef. Refrigerate at least 20 minutes up to overnight.
2. Place the broccoli florets in a microwave safe bowl, cover with film and vent, cook for 1 min on high, then let rest.
3. With a whisk, thoroughly mix the 4 sauce ingredients in a small bowl.
4. Add oil to a large skillet (or wok) on medium high heat. Once the oil and pan are very hot (close to smoke-point) add the marinated beef, onion, bell pepper, garlic and ginger. Toss beef in pan to evenly cook for approximately 1-2 minutes.
5. Add the steamed broccoli and sauce to the pan and cook for an additional 1 minute.
6. Serve immediately with your favorite rice or noodles. Enjoy!