

Beef and Broccoli

written by The Recipe Exchange | February 11, 2014

Ingredients

1 lb. thick boneless sirloin steaks
1 tbsp. canola oil
1 can (10-3/4 oz.) condensed tomato soup
1/2 cup water
3 tbsp. soy sauce
1 tbsp. white vinegar
1 tbsp. fresh garlic, crushed
1/4 tsp. red pepper flakes (optional)
3 cups fresh broccoli florets
4 cups steamed white rice

Directions

Slice beef into thin strips. Put oil in a skillet over medium heat. Place garlic in hot oil and cook until golden brown. Add beef and brown until juice is reduced. Mix soup and 1/2 cup water, soy sauce, vinegar, and pepper flakes in a small bowl. Add to beef mixture and heat to a boil; Immediately add broccoli.

Reduce heat to medium and cook until crisp and tender, about 10 minutes, less time if you want it crisper. Stir often to avoid sticking on the bottom of skillet; I used a Teflon pan and had no problem with sticking. Serve over steamed white rice.