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## GET TO KNOW HOW TO PREPARE BEEF AND BROCCOLI STIR FRY



[Alfonso Wilkins](#)  [Food & Drink](#), [Healthy cooking](#)



Instead of going to a restaurant, people can easily prepare their favorite food items in their home. They can make use of the internet sources and get to know how to prepare those items easily. If they have the needed ingredients, they are able to cook the delicious food items with the recipes available online. Beef and broccoli stir fry is the most familiar food item in the Chinese American restaurants. Most of the people visit those restaurants to taste this delicious item. Actually it is a simple dish which can be easily prepared at home. If you want to prepare it on your own, then the following passages will be very helpful.



## List of Ingredients

Ingredients are the imperative things which give the delicious taste to a food item. You cannot prepare anything with the essential ingredients. Therefore you should prefer the right ingredients and in the right amount. You should not compromise in this case. If you do, then the taste you expect cannot be obtained. The ingredients needed to prepare Beef and broccoli stir fry are listed below.



- Cornstarch – 3 tablespoons
- Water – ½ cup
- Garlic powder – ½ tablespoon
- Boneless round steak or charcoal chuck steak – 1 lb.
- Vegetable oil – 2 tablespoons
- Broccoli florets – 4 cups
- Small onion – 1
- Sodium Soy Sauce – 1/3 cup
- Brown sugar – 2 tablespoons
- Ground ginger – 1 tablespoon

## Step by step procedure



Whenever you are cooking a food item, you should know the proper procedure to prepare it. You should know when to add the ingredients and how much of them should be added. Many individuals will not know such things and they will spoil the food item. If they do not follow the things properly, they cannot expect the taste. Therefore you have to follow the procedures as mentioned below

- Mix 2 tablespoons of cornstarch and 2 tablespoons of water.
- Add garlic powder to the mixture and stir it thoroughly.
- Now add beef to it and toss.
- Take a pan and heat it to the medium temperature. Pour 1 tablespoon of oil and stir-fry the beef. Make sure the beef must reach the desired doneness.
- Remove the pan from heat and keep it warm.
- Now stir-fry broccoli along with onion for 4 to 5 minutes.
- Add beef to the pan again.
- Combine the remaining cornstarch, water, soy sauce along with brown sugar and ginger. Stir the mixture until it gets smooth consistency.
- Add the mixture to the pan.
- Stir and cook all the ingredients for around 2 minutes.
- Now the delicious Beef and broccoli stir fry is ready to serve.



By following all the above mentioned steps, you can easily prepare your favorite beef and broccoli stir fry at home and enjoy eating. In this way, you can save the money that you spend in the restaurants. You can serve this item with rice and it will make the best combination. Many people would love to eat this combination.

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