**Beef & Broccoli Stir Fry**

Serves 12

½ C. water

2 T. water

2 tsp. cornstarch

2 T. soy sauce

1 tsp. chili garlic sauce

2 tsp. granulated sugar

3 tsp. oyster sauce

¾ tsp. canola oil

2 lb. eye of round or flank steak, cooked ahead of time (see instructions for this below.)

1 lb. broccoli florets, blanched in hot water

1.5 C. fresh mushrooms, sliced

1. Bring the ½ cup of water to a boil.
2. While the water is heating, mix the 2 T. of water with the cornstarch. Set aside.
3. To the boiling water, add soy sauce, chili garlic sauce, sugar and oyster sauce. Bring back to a boil.
4. Add cornstarch mixture to hot liquid, stirring constantly until thickened.
5. Heat saute pan or braising pot to 375 degrees and add oil.
6. Add beef strips. Stir fry until lightly browned and cooked (about 3 minutes.)
7. Add sauce and cook, stirring constantly until mixture is thickened and thoroughly heated.
8. Add broccoli and mushrooms. Check seasoning and stir fry until vegetables are cooked to your preference.

Cooking beef ahead of time:

1. Preheat oven to 400 degrees.
2. Arrange beef in a roasting pan, fat cap up. Roast for 30 minutes.
3. Remove beef from oven and reduce heat to 250 degrees.
4. Let beef rest for 10 minutes and then trim the fat.
5. Roast beef again at 250 degrees for 20 minutes. Remove from oven and cool.
6. Slice the beef into ¼ inch thick strips for stir frying.