Farm to Table provides local, sustainably grown foods to childcare programs in Seattle to increase access to highly nutritious foods. The program is supported by funding from the City of Seattle Sweetened Beverage Tax.

Beef and Broccoli

Adapted from Food Hero Makes 6 servings

Ingredients

1-2 teaspoons ginger

3-4 cloves garlic

1/2 medium onion

1 pound ground beef

2 tablespoons packed brown sugar

1/4 cup soy sauce

2 teaspoons corn starch

1 tablespoon sesame oil

1/4 teaspoon red pepper flakes (optional)

1/2 cup water

4 cups chopped broccoli



Photo credit: Served from Scratch website

Instructions

Mince ginger and garlic, and cut onion into 1/2-inch-thick slices. Sauté beef with ginger, garlic, and onion in a pan over medium-high heat until meat is browned, stirring ocassionally.

In a small bowl, mix brown sugar, soy sauce, corn starch, sesame oil, pepper flakes (if using), and water.

Add sauce and broccoli to beef, cover with lid and simmer for 5 minutes, stirring occasionally. Turn off heat when broccoli is vibrant green and tender.

Serve over cooked rice.

Note:

To make this recipe gluten free, use a gluten-free soy sauce alternative, such as tamari or coconut aminos.







