

## 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 occasionally.

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.