



Beef and Broccoli with Noodles

Serves 8

Ingredients:

1 lb. top round steak
2 packages ramen noodles
2 teaspoon cornstarch
2 tablespoon vegetable oil
8 oz. broccoli florets
2 carrots
2 cups water

Directions:

1. Cut beef steak lengthwise in half, then crosswise into 1/8" thick strips. Combine seasoning from ramen noodles with cornstarch mixture in large bowl. Add beef; toss.
2. Heat 1 tablespoon oil in large nonstick skillet over medium-high heat until hot. Stir-fry broccoli and carrots 1 minute. Add noodles and water; bring to a boil. Reduce heat; cover and simmer 3 to 5 minutes or until vegetables are tender and most of liquid is absorbed; stirring occasionally. Remove; keep warm.
3. In same skillet, heat remaining 1 tablespoon oil over medium high heat until hot. Add half of the beef; stir-fry 1 to 2 minutes or until outside surface of beef is not longer pink. (Do not overcook). Remove from skillet; keep warm. Repeat with remaining beef. Serve over noodles.

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Diet: Dairy Free

Cuisine: Asian

Week: 202022

CookingMethod: Boil

FeatureIntro: Beef and broccoli are a classic combination.

RecipeIntro: A few simple ingredients come together to create this full-flavored dish.

Season: Winter