

Lincoln Brand

Beef And Broccoli

- 1 pound LINCOLN BRAND beef shaved steak
 - 4 cups broccoli florets
 - 2 tablespoons garlic – minced
 - 2 tablespoons ginger
 - 1 tablespoon sesame oil
 - 1/4 cup water
 - 1/4 cup soy sauce
 - 1/2 teaspoon salt



Heat sesame oil in a skillet and add the shaved steak, garlic and ginger. Cook until the meat is almost cooked. Add the broccoli, water, soy sauce and salt and stir over medium-high heat until the broccoli softens slightly and beef finishes cooking. Serve over rice or on it's own.

Visit our website, Colafoodsllc.com



7 Industrial Road, Cranston RI 02920 • (401) 943-0878 • (401) 275-1952 • (401) 943-7603 Fax

