

Beef and Broccoli Stir Fry

This recipe makes 5 cups of stir fry and is 4 servings



Ingredients

1 ¼ lbs thinly sliced steak (recommend flank or sirloin)
¼ cup beef broth
2 cups broccoli florets
2 tsp minced garlic
2 tsp fresh minced ginger
¼ cup oyster sauce
1 tsp sugar
2 tsp toasted sesame oil
1 tsp soy sauce
1 tsp cornstarch
Salt
Pepper

Directions:

1. Heat a large skillet or wok over medium heat, add the broccoli and a little broth to prevent sticking, Heat a large skillet or wok over medium heat; add broccoli with a splash of broth and cook for 4 minutes until tender.
2. Add ginger and garlic, cook for 30 seconds, then remove from the pan and cover.
3. Clean the pan, turn heat to high, and reheat.
4. Season steak with salt and pepper, arrange in a single layer (cook in batches if needed), and cook for 3–4 minutes per side until browned and done.
5. Return the broccoli to the pan and cook for 2 minutes until warmed.
6. In a bowl, whisk together oyster sauce, broth, sugar, sesame oil, and soy sauce; separately, mix cornstarch with 1 tablespoon cold water.
7. Pour the sauce over the meat and broccoli, cook for 30 seconds, then add the cornstarch mixture and bring to a boil.
8. Boil for 1 minute until the sauce thickens.
9. Cool and spread on parchment-lined trays using dividers set for 4 portions.
10. Pre Freeze when possible
11. Freeze dry (my cycle time was 24 hours)
12. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Place one serving in a bowl and pour 1 cup of boiling water over it. Stir, cover, and let sit for 8–10 minutes. Stir again, adding 1/4 cup extra water if needed, then serve

Notes:

You may want to serve this dish with rice, which offers a soft, absorbent base for sauces, or rice noodles, which provide a light, chewy texture.

Nutritional Value Per 1 serving

Calories: 260 Protein: 29 g Fat: 11 g Carbohydrates: 7 g Sugar: 2.8 g Fiber: 1.2 g