

From Gluten-Free Nosh at www.glutenfreenosh.com

Please refer to web site for full story and information about the recipe. <http://wp.me/pGgB6-iY>

Beef and Broccoli

[By Gluten-Free Nosh](#)

Ingredients

- 1/2 cup orange juice
- 3 tablespoons gluten-free tamari sauce
- 1 tablespoon grated fresh ginger
- 1 tablespoon rice wine vinegar
- 1 tablespoon honey
- 2 tablespoons cornstarch
- 1 1/2 pounds pepper steak or ribeye steak, cut against the grain into 1/8-inch thick strips
- 3 tablespoons high heat cooking oil, divided
- 2 heads broccoli, cut into small florets
- 3 garlic cloves, minced
- 1/2 teaspoon crushed red pepper flakes

Method:

1. Combine orange juice, tamari, ginger, rice wine vinegar and honey in a bowl. Mix in cornstarch and set aside.
2. Season the meat with salt and pepper.
3. Heat 2 tablespoons oil in large skillet over medium high heat until hot but not smoking. Cook meat, stirring often, until mostly cooked through, about 2 to 3 minutes. Transfer meat to a plate.
4. Drain fat from skillet. Add remaining 1 tablespoon oil to skillet along with broccoli and garlic and cook over medium heat, stirring often, until broccoli is bright green and tender, about 1 to 2 minutes.
5. Return meat to skillet and pour in the sauce, add red pepper flakes. Cook, stirring, until sauce is thickened, about 2 minutes.

Yield: 6 servings