



CHINESE BROCCOLI AND BEEF STIR-FRY

Ingredients:

- 1/2 lb ground beef
- 11 Chinese broccoli/kale or gai-lan/kai-lan stalks/bunches, chopped into 1" to 1.5" length (cut the stems shorter because they cook longer)
- 6 fresh shiitake mushrooms, sliced (about 1 1/2 generous cup when sliced)
- 1/2 cup chopped yellow onion
- 1 tsp ground ginger (powder)
- 1/4 tsp salt
- 1/4 tsp ground pepper
- 1/2 tbsp vegetable oil

Preparation:

1. In medium heat, sauté onions in pre-heated oil for 5 minutes until the pieces become translucent. Add shiitake mushrooms, salt, pepper, and sauté for another 3 minutes.
2. Mix in the ground ginger powder and ground beef. Cook on medium-high heat for 8 minutes or until the juice of the meat is clear. Stir occasionally.
3. Place chopped Chinese broccoli on top of the meat and mushroom. Cover for 5 minutes. Stir and cook for another 2 minutes. Add salt and pepper if preferred.
4. Take off the heat and serve with rice.

Happy cooking!

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