

Stir-Fried Beef and Broccoli with Yams

Serves 4

Ingredients:

- 1/4 cup water
- 3 tablespoons (packed) golden brown sugar
- 3 tablespoons hoisin sauce
- 1/4 teaspoon dried crushed red pepper
- 1 1-pound sirloin steak, cut in half lengthwise, then crosswise into 1/4-inch-thick slices
- 1 1/2 tablespoons cornstarch
- 2 1/2 tablespoons Asian sesame oil, divided
- 4 cups broccoli florets (about 8 ounces)
- 1 8-ounce yam (red-skinned sweet potato), peeled, cut in half lengthwise, then crosswise into 1/3-inch-thick slices
- 2 teaspoons chopped peeled fresh ginger



Preparation:

Stir first 4 ingredients in small bowl until sugar dissolves. Set sauce aside. Place beef in large bowl; sprinkle with salt and pepper. Add cornstarch and toss to coat.

Heat 1 1/2 tablespoons oil in large wok over high heat. Add beef mixture; stir-fry until no longer pink outside, about 3 minutes. Transfer beef mixture to medium bowl. Heat remaining 1 tablespoon oil in same skillet. Add broccoli, yam, and ginger. Toss to coat; sprinkle with salt and pepper. Add sauce. Cover, reduce heat to medium-high, and cook until vegetables are just tender, about 5 minutes. Add beef mixture. Toss until sauce coats beef, about 1 minute. Serve.