

Mongolian Broccoli Beef

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Christi Silbaugh

I have the easiest recipe for you today! I was sent some Gluten-Free, GMO-Free Mongolian sauce from San-J to try! Everyone knows I love to make sauces, but sometimes there just is not enough time. Yesterday was one of those days. With finishing the final draft of my book [Gluten-Free is Easy](#) for my publishing company, and heading up north to spend a few days with friends to celebrate, I found I had very little time to cook dinner for my husband.

I stumbled off the train with my chihuahua and an overflowing overnight bag at 4pm. By the time I was up in my loft, had fed the dogs, watered my plants, threw a load of laundry in. It was 5pm, with no food prepared at all. I was about to throw in the towel and suggest heading to my favorite organic farm to table restaurant for dinner instead, when I spotted the bottle of Mongolian sauce on my counter.

I picked it up and started reading.

Ingredients: Organic Sugar, Tamari Soy Sauce (Water, Soybeans, Salt, Alcohol), Sake (Water, Rice, Salt), Water, Rice Vinegar, Garlic Puree, Garlic Powder, Arrowroot, Ginger Puree, Apple Cider Vinegar.

Hmmm... Soy huh? I am forbidden from eating any soy product unless it is part of the Non-GMO project. Post cancer and you learn to actually listen to the doctors.

Then there it was on the label, The beautiful logo I look for!

It is also Organic, Certified Kosher by OU and Certified Gluten Free by the Gluten-Free.

SOLD! Dinner was now solved. Time to make a rice bowl. If you have pre-cooked rice already, you can throw this meal together in 10 minutes.

Gluten-Free Mongolian Broccoli Beef Rice Bowl

Cooked rice

1 lb flank steak

1 head of broccoli

2 TBSP non-gmo cornstarch or tapioca starch

3/4 cup gluten-free [San-J Mongolian Sauce](#)

1 TBSP Olive Oil

Slice your steak into strips. Add the sliced steak and the corn starch to a large ziplock bag and shake to coat the steak.

Add olive oil to a wok or large skillet and heat over medium high heat.

Add your coated steak, toss and stir for 3 minutes.

Add your Mongolian sauce and stir.

Top with broccoli, stir and cook for 5 minutes.

Serve over rice.

My husband LOVED this dish. I loved it with just the sauce, broccoli and rice. Very tasty and a great thing to have on hand for nights that you just don't have the time to create anything from scratch.



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