

SPICY ONION BEEF WITH BROCCOLI & GEORGIA PECANS

Ingredients

- 1-1/4-pound flank steak, thinly sliced across the grain
- 3 tablespoons soy sauce
- 3 tablespoons dry sherry or white wine
- 4 teaspoons cornstarch
- 1 large onion
- 2/3 cup Georgia Pecan halves
- 1 small red chili pepper
- 1 teaspoon toasted sesame oil
- 1-1/2 tablespoons vegetable oil
- 3 cups broccoli flowerets
- 1/2 teaspoon garlic powder

Directions

1. Marinate steak in 2 tablespoons soy sauce, 1 tablespoon sherry, and 2 teaspoons cornstarch for 20 minutes.
2. Meanwhile chop onion in half vertically and cut in thin slices; chop pecans and mince chili pepper.
3. In a 1-cup measure, combine remaining tablespoon soy sauce, 2 tablespoons sherry, 2 teaspoons cornstarch and the sesame oil. Add enough water to make 1/2 cup and mix well to make sauce.
4. In large skillet or wok, heat oil over medium-high heat.
5. Add onion, broccoli, and red chili pepper; cook, stirring often, 6 minutes. Sprinkle in garlic powder, then add meat and cook, turning frequently, until browned but not completely cooked - about 8 – 10 minutes.
6. Stir in sauce mixture and cook until liquid in pan thickens and coats meat and vegetables, about 2 – 4 minutes. Stir in half the pecans.
7. Divide among serving plates and sprinkle with remaining pecans.

