Chinese beef and vegetables

Ingredients

2 lb stew beef

1 qt beef stock

¼ C cooking sherry

3 T soy sauce/tamari

¼ C hoisin

6 cloves garlic, minced

1 piece of ginger, minced

3 carrots

1 bunch kale, sliced thinly

1 C brown rice

1.5 C water for rice

S+P TT

Procedure

1. Brown the beef in peanut oil and set aside with S+P
2. Add Beef back to pot with beef stock, cooking sherry, soy sauce and hoisin.
3. Set to simmer, and simmer until beef is tender
4. With an hour to go, start cooking the brown rice and set aside when done
5. With 30 minutes to go, add in the garlic and ginger
6. With 10 minutes to go, add in the carrots, then the boy choy
7. combine all ingredients, mix well, season with S+P TT and portion out