

## Beef and broccoli

1 lb sirloin or round steak  
1 T oil  
1 can tomato soup  
3 T shoyu  
1 T vinegar  
1 tsp garlic powder  
¼ tsp red pepper flakes (opt)  
3 C. fresh or frozen broccoli flowerets

Slice beef into very thin strips. Heat oil over medium high heat. Add beef and stir fry until browned and juices evaporate. Add soup, shoyu, vinegar, garlic and pepper flakes. Heat to a boil. Add broccoli and cook over medium heat until broccoli is tender crisp, stirring often. Serve over rice.