



Beef & Broccoli Lo Mein

8 oz. thin spaghetti, broken in half	4 garlic cloves, minced
1 tsp. dark sesame oil	12 oz. sirloin tips, cut crosswise into thin strips
1 Tbsp. vegetable oil	3 Tbsp. beef broth
3 cups broccoli, chopped	3 Tbsp. low-sodium soy sauce
1 1/2 cup onion, sliced	2 Tbsp. brown sugar
1 Tbsp. fresh ginger, peeled and minced	1 Tbsp. oyster sauce

Stir spaghetti into pot of lightly salted boiling water and cook according to package directions. Drain well, then return to the pot and toss with the sesame oil.

Heat vegetable oil in large nonstick skillet over medium-high heat. Add broccoli and onion; cook, stirring often, for 3 minutes. Add ginger and garlic; continue stirring and cook for another 30 seconds. Add sirloin and cook, stirring often, for 5 minutes or until it is no longer pink.

In small bowl, mix broth, soy sauce, brown sugar, and oyster sauce.

Add sauce mixture and pasta to the skillet and continue cooking, stirring often, for 1 to 2 minutes or until everything is heated through.

Serve the lo mein hot.