

Stir Fry  
(Shae Rippstein)

1 T. oil  
2 cloves garlic  
carrots, sliced  
1 onion, sliced

broccoli, chopped  
celery, sliced  
sirloin steak (cut-up and broiled)

Sauce (mix together):

$\frac{1}{4}$  c. soy sauce  
1 T. corn starch (heaping)

$\frac{1}{3}$  c. water

Brown garlic in oil. Add carrots and cook for 2 minutes. Add onion, broccoli, and celery, cook 2 minutes. Remove from pan. Put meat in pan, stir in sauce, cook until bubbling. Cook 2 minutes. Stir in vegetables. Cook until hot.