

# Beer-Infused Asian Broccoli and Bean Stir-Fry

This vibrant, dairy-free stir-fry combines the earthy flavors of beans and crisp broccoli, enhanced by a splash of beer for depth. Perfect for a quick, satisfying meal that packs a punch of Asian-inspired flavors.



Main Dish

Asian

**15 min**

Total time

**easy**

Difficulty

**350**

kcal / serving

## Ingredients

- 1 cup broccoli florets
- 1/2 cup canned mixed beans (rinsed and drained)
- 1/4 cup beer (preferably a light lager)
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 1 clove garlic (minced)
- 1/2 teaspoon grated ginger
- 1 tablespoon olive oil
- Salt and pepper to taste
- Sesame seeds (for garnish)

## Steps

- 1 Heat olive oil in a pan over medium heat.
- 2 Add minced garlic and grated ginger, sautéing until fragrant (about 1 minute).
- 3 Stir in broccoli florets and cook for 3-4 minutes until tender but still crisp.
- 4 Add the mixed beans, beer, soy sauce, and sesame oil; stir well.
- 5 Cook for an additional 3-5 minutes, allowing the beer to reduce slightly.
- 6 Season with salt and pepper to taste.
- 7 Serve hot, garnished with sesame seeds.