

Main Dish

Beef And Broccoli Stir-Fry

Internet Address:



Servings: 4

Cook Time:

- 1/2 teaspoon black pepper**
- 1/2 teaspoon granulated garlic**
- 1 lb Ribeye or NY Strip cut into thin 3-inch strips**
- 1 tablespoon vegetable oil**
- 4 cups broccoli florets**
- 1 small onion, cut into wedges**
- 1/2 cup water**
- 1/3 cup reduced sodium soy sauce**
- 2 tablespoons brown sugar**
- 1 teaspoon ground ginger**
- 1 tablespoon corn starch**
- hot cooked rice**

Combine soy sauce, brown sugar, ginger and corn starch. Set aside.

Season cut beef with granulated garlic and black pepper.

Using a steamer basket, steam broccoli until just under done. About 3 minutes

In a large skillet or wok over medium high heat, stir-fry onions in 1 tablespoon oil until onions begin to slightly char. Add beef and continue to cook until desired doneness..

Reduce heat to medium low. Stir the soy sauce mixture and add to the beef and onions. Bring just to a simmer and then add the steamed broccoli and toss.

Cook and stir for 2 minutes.

Serve over rice.

Per Serving (excluding unknown items): 82 Calories; 4g Fat (37.4% calories from fat); 3g Protein; 11g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 24mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.