

Ginger Beef and Broccoli Stir-fry

INGREDIENTS

- » Nonstick vegetable cooking spray
- » 1 tsp vegetable oil, divided
- » 1/2 tbsp sesame seeds
- » 1/2 tbsp soy sauce, reduced sodium
- » 1/2 tbsp water
- » 1/4 tsp toasted sesame oil
- » 1/4 tsp sugar
- » 1/2 tsp cornstarch
- » 1 tsp grated fresh ginger
- » 1 clove garlic, minced
- » 1/3 lb beef sirloin steak, boneless, cut across grain into 1/8" strips
- » 1 green onion, diagonally sliced
- » 1/4 cup red bell pepper, sliced
- » 1 1/2 cups small broccoli florets
- » 1/3 cup long-grain white rice, cooked
- » according to package directions without salt or fat

Nutritional Content

Per Serving

Calories	558 cal	Cholesterol	91mg
Protein	41g	Sodium	338mg
Carbohydrate	57g	Calories from Fat	25%
Fat	16g	Fiber	6g
Saturated Fat	4g		

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INSTRUCTIONS

In a small skillet sprayed with nonstick vegetable cooking spray, over medium-low heat, combine 1/2 tsp vegetable oil with sesame seeds. Stir continually until sesame seeds are lightly browned and toasted (about 3 to 4 minutes). Remove from heat and set aside. In a small bowl, combine soy sauce, water, toasted sesame oil, sugar, and cornstarch. Set aside. In a skillet, sprayed with nonstick vegetable cooking spray, over medium-high heat, add 1/2 tsp vegetable oil, fresh ginger, garlic, and beef strips. Stir-fry for 2 to 3 minutes or until beef is no longer pink in color. Add green onions, red bell pepper, and broccoli florets. Stir-fry 3 to 4 minutes until broccoli is tender. Add the soy sauce mixture, stirring constantly until the sauce thickens. Add toasted sesame seeds. Serve over rice. Serves 1.

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