

Ginger Beef and Broccoli Stir-fry

INGREDIENTS

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

Nutritional Content

Per Serving

Calories	573 cal	Cholesterol	104mg
Protein	45g	Sodium	350mg
Carbohydrate	53g	Calories from Fat	26%
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 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 large skillet, sprayed with nonstick vegetable cooking spray, over medium-high heat, add 2 tsp vegetable oil. Add fresh ginger, garlic, and beef strips. Stir-fry for 3 to 4 minutes or until beef is no longer pink in color. Remove beef from skillet. Add green onions, red bell pepper, and broccoli florets. Stir-fry 3 to 6 minutes until broccoli is tender. Add the soy sauce mixture, stirring constantly until the sauce thickens. Add back beef strips and toasted sesame seeds. Heat thoroughly. Serve over rice. Serves 4.

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