

Asian Style Beef and Broccoli

submitted by JenPal



Per serving: 246 Calories • 8.6g Carbs (2.6g Fiber) • 14.6g Fat • 20.7g Protein

Ingredients

Ingredients scaled to: 4 serving

- 1 tbsp **Olive oil** (13.5 grams)
- 3 cup chopped **Broccoli** (273 grams)
- 1/2 cup strips or slices **Carrots** (61 grams)
- 1/2 cup, chopped **Onions** (80 grams)
- 3 tbsp **Soy sauce** (48 grams)
- 1/2 cup **Chicken broth** (120 grams)
- 12 oz **Beef top sirloin** (340 grams)

Directions

Directions are based on the original recipe of 4 servings

1. (Canned chicken stock will do fine) In a 10" skillet or wok heat the oil. Add the prepared vegetables.
2. Cook, stirring quickly and frequently until the vegetables are crisp tender and the onions are browned.
3. Stir in the beef strips and cook until done.
4. Add in the chicken broth and soy sauce. Optional to add cornstarch or guar gum to thicken the sauce.
5. Eat hot and enjoy!