

Beef and Broccoli Stir Fry

submitted by Mscree01



Per serving: 335 Calories • 21.5g Carbs (1.1g Fiber) • 14.9g Fat • 29.5g Protein

Ingredients

Ingredients scaled to: 1 serving

- 3/4 tbsp **Cornstarch** (5.8 grams)
- 2 tbsp **Water** (29.6 grams)
- 1/8 tsp **Garlic powder** (0.39 grams)
- 4 oz **Beef round** (113 grams)
- 1/2 tbsp **Vegetable oil** (7 grams)
- 1 cup flowerets **Broccoli** (71 grams)
- 1/4 onion **Onions** (82.8 grams)
- 1 1/3 tbsp **Soy sauce** (24 grams)
- 1/2 tbsp **Brown sugar** (4.5 grams)
- 1/4 tsp **Ginger** (0.45 grams)

Directions

Directions are based on the original recipe of 4 servings

1. In a bowl, combine 2 tablespoons cornstarch, 2 tablespoons water, and garlic powder until smooth. Add sliced beef and toss.
2. In a large skillet or wok over medium high heat, stir-fry beef in 1 tablespoon oil until beef reaches desired doneness; remove and keep warm.
3. Stir-fry broccoli and onion in remaining oil for 4-5 minutes until tender. Return beef to pan.
4. Combine soy sauce, brown sugar, ginger, and remaining cornstarch and water until smooth; add to the pan. Cook and stir for 2 minutes.
5. Recommended to be served over rice. Enjoy!