Louisiana HARVEST of the MONTH

Broccoli Beef Stir-Fry

Home Recipe

Serves: 6
Prep Time: 15 minutes
Cook Time: 20 minutes

Ingredients

- ½ cup hot water
- 6 cloves garlic, minced
- 5 Tbsp low-sodium soy sauce
- 3 Tbsp packed light brown sugar
- 2 Tbsp sesame oil
- 2 Tbsp cornstarch
- 2 tsp ginger paste or freshly grated ginger
- ½ tsp black pepper
- 2 Tbsp olive oil or vegetable oil, divided
- 1 ½ lbs. broccoli, cut into florets (about 6 cups)
- 1 ½ lbs. top sirloin steak, thinly sliced into strips
- 2 tsp sesame seeds (optional)

Cooking Instructions

1) In a small bowl, make the sauce by whisking together the hot water, garlic, soy sauce, brown sugar, sesame oil, cornstarch, ginger, and black pepper. Set aside.
2) In a large skillet over medium heat, add 1 tablespoon of olive oil. Add the broccoli florets along with 2 tablespoons of water. Cover and steam for about 5 minutes, or until the broccoli is bright green and slightly tender. Transfer the broccoli to a bowl and set aside.
3) Add the remaining 1 tablespoon of olive oil to the skillet and increase the heat to medium-high. Spread the sliced steak in a single layer and sear for about 2 minutes per side, or until browned.
4) Pour the prepared sauce over the beef. Reduce the heat to low and simmer for 4 to 5 min., or until the sauce thickens.
5) Return the broccoli to the skillet and toss to coat everything evenly with the sauce. Serve hot over rice, and garnish with sesame seeds if desired.

Nutrition Facts

6 Servings Per Container
Serving Size 1.5 cups (264g)

Amount Per Serving	
Calories	**470**
	% Daily Value *
Total Fat 25g	**33%**
Saturated Fat 7g	**36%**
Trans Fat 1g	
Cholesterol 75mg	**26%**
Sodium 560mg	**24%**
Total Carbohydrate 36g	**13%**
Dietary Fiber 3g	**10%**
Total Sugars 23g	
Includes 22g Added Sugars	**43%**
Protein 27g	
Vitamin D 0.1mcg	0%
Calcium 100mg	8%
Iron 4.1mg	25%
Potassium 780mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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