

Beef and Broccoli Stir Fry

Serving Size: 1/8 of recipe

Serves: 8

Ingredients

- ¼ cup sesame seeds
- 1 cup low sodium vegetable broth
- 2 tablespoons grated fresh ginger
- 2 tablespoons reduced sodium soy sauce
- 2 cloves garlic, minced
- ½ teaspoon crushed red pepper flakes
- 2 teaspoons cornstarch dissolved in ¼ cup cold water

- 2 tablespoons peanut oil
- 2 pounds lean boneless beef steak, cut into thin 2-inch strips
- 3 cups fresh broccoli florets
- 2 medium carrots, thinly sliced
- 1 medium sweet red pepper, julienned
- 1 large onion, sliced thinly
- Coarse ground black pepper to taste

Directions

1. In a dry skillet or wok, toast the sesame seeds over a medium heat until lightly browned and fragrant. Stir continuously to prevent burning. Set aside.
2. In a large pan or wok combine the vegetable broth, half the ginger, soy sauce, half the garlic and red pepper flakes. Bring to a boil then reduce heat to simmer. Stir in the cornstarch water mixture and stir continuously until thickened, about 2-3 minutes. Set aside warm.
3. In a large pan or wok, heat the oil and stir-fry the beef with the rest of the garlic and ginger until the beef is no longer pink.
4. Add the broccoli, carrots, red pepper, and onions and stir-fry just until fork tender. Do not overcook. Vegetables should be crisp tender.
5. Stir into the skillet the reserved sauce, sprinkle with the toasted sesame seeds and serve over rice.

Exchanges per serving:

3 Lean Meats, 2 Vegetables

Nutrients per serving:

Calories: 237

Calories from fat: 90

Total Fat: 10g

Cholesterol: 68mg

Sodium: 241mg

Total Carbohydrate: 9g

Dietary Fiber: 2g

Protein: 27g