

Beef and Broccoli Stir Fry

Makes 4 Servings

Ingredients:

- 1 pound boneless beef top round steak, cut into 3 inch strips
- 1 garlic clove, minced
- 1 1/2 Tablespoons ginger
- 2 Tablespoons low sodium soy sauce
- 1 bunch broccoli
- 2 Tablespoons olive oil
- 1/2 Cup water
- 1 1/2 Cup low sodium beef broth
- 1 1/2 Tablespoons corn starch

Directions:

1. Combine beef, garlic, ginger, and soy sauce in a bowl and let stand
2. Wash broccoli thoroughly and cut into florets
3. Heat oil in large nonstick skillet or wok over medium-high heat; add broccoli florets and then stir-fry for 2 minutes
4. Add 1/2 cup water and stir until water evaporates
5. Add beef mixture and stir fry for 3 minutes
6. Stir together broth and corn starch, add to meat and stir-fry until sauce is thickened, about 2-4 minutes longer.

Nutrition Facts	
Serving Size (390g)	
Servings Per Container 4	
Amount Per Serving	
Calories 280	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 570mg	24%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 33g	
Vitamin A 20%	Vitamin C 230%
Calcium 10%	Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Family Conversation Starter:

What is your favorite family tradition?

TEXAS A&M
AGRI LIFE
EXTENSION

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife Extension. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating