Steak n' Broccoli

Makes 4 servings

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 pound tip sirloin steak, cut against the grain into thin strips
- 4 cloves garlic, minced
- ¼ cup diced onion
- 4 green onions, cut into ½-inch pieces (white and green parts)
- 4 cups fresh broccoli florets (about 2 small heads)
- 2 tablespoons corn starch
- ¾ cup water
- 2 tablespoons low-sodium soy sauce
- ¼ cup low-sodium beef broth
- 1 tablespoon honey
- ½ teaspoon minced fresh ginger

Directions

1. In a medium skillet, heat oil over medium-high heat. Add steak and cook for 6 to 8 minutes or until browned. Transfer to a plate and set aside.
2. In the same skillet, add garlic, onion and green onions. Cook, stirring often, for 1 minute. Add broccoli and stir. Cover and cook for 5 minutes.
3. In a small bowl, combine corn starch and water. Stir until lumps are gone. Add soy sauce, broth, honey and ginger. Stir.
4. Remove cover from skillet and add sauce (made in step 3). Stir and cook for 3 to 5 minutes or until sauce is thickened. Add the steak, stir and cook for 2 to 3 minutes or until steak is heated. Enjoy warm!

Allina Health

MAIN DISH

TIP

You can also enjoy this over a whole grain such as brown rice or quinoa.*

*Option not included in nutrition facts.

= low sodium

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Nutrition Facts

Serving Size 1 1/4 cup broccoli and beef (255g)
Servings Per Container 4

Amount Per Serving	
Calories 230	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 60mg	**20%**
Sodium 370mg	**15%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 3g	**12%**
Sugars 5g	
Protein 26g	

Vitamin A 45% • Vitamin C 120%
Calcium 8% • Iron 15%

*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

Recipe contains: wheat
Carb choices per serving: 1