

Broccoli Beef



Recipe Courtesy Chef Bryan Woolley

- 1 pound broccoli, separated into florets
- 3/4 pound round or flank steak, sliced thin (easiest if beef is slightly frozen)
- 2 tablespoons low-sodium soy sauce
- 1 teaspoon cornstarch
- 2 cloves minced garlic
- 1 tablespoon rice wine vinegar
- 2 tablespoons sesame oil
- 1 teaspoon fresh minced ginger
- 2 cups low sodium beef broth
- 1 cup uncooked, long grain brown rice
- 1/2 cup low sodium beef broth
- 1 cup fresh mushrooms, sliced
- 1/2 cup sliced green onion

1. Combine rice and 2 cups broth in a large saucepan. Bring to a boil, cover and cook according to package directions, about 45 minutes.
2. While rice is cooking, cut beef into thin strips and broccoli into florets.
3. Mix soy sauce, vinegar, garlic and ginger in a shallow glass dish. Allow beef strips to marinate in liquid for about 15 minutes.
4. Heat a large skillet over medium-high heat. Remove beef from marinade with a slotted spoon, and place in the hot skillet. Discard marinade.
5. Cook beef, stirring constantly for 2 to 3 minutes, or until mostly browned.
6. Mix cornstarch with remaining beef broth. Add to pan, along with mushrooms and green onions. Reduce heat to medium-low, cover, and simmer for about 5 minutes.
7. Remove lid, add broccoli, and cook until broccoli is bright green and tender but still crisp.
8. Serve over prepared brown rice.
9. Makes 4 servings.

Nutrition Facts

Serving Size: 1/4 recipe

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|---------------|-------|
| Calories | 430 |
| Total Fat | 14g |
| Saturated Fat | 3.5g |
| Cholesterol | 30g |
| Sodium | 360mg |
| Carbohydrate | 46g |
| Dietary Fiber | 5g |
| Protein | 30g |

Diabetic Exchanges

| | |
|---------------|---|
| Protein | 4 |
| Carbohydrates | 3 |
| Fat | 3 |

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