# 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 meet 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?

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