

Beef and Broccoli Stir Fry

A flavorful, protein-packed dish that incorporates the freshness of broccoli and the succulent taste of beef.



Main Dish

20 min

Total time

Easy

Difficulty

397

kcal / serving

Ingredients

- 1/2 cup steak strips
- 2 tsp cooking oil
- 1 cup reduced-sodium beef broth
- 2 tsp soy sauce
- 2 tsp cornstarch
- 1/4 tsp garlic powder
- 1/4 tsp ground ginger
- 1 cup cooked white or brown rice
- 1-2 cups fresh broccoli florets

Steps

- 1 Heat oil in a skillet over medium-high heat.
- 2 Add steak strips and cook until browned.
- 3 Mix beef broth, soy sauce, cornstarch, garlic powder, and ground ginger in a small bowl; add to the skillet with steak.
- 4 Add broccoli florets and cook for 4-5 minutes or until broccoli is partially cooked.
- 5 Serve over cooked white/brown rice.