

Broccoli Beef

4 servings

178 calories

3.2 g fat

Ingredient	US	Non-US
all-purpose flour	¼ cup	
beef broth	1 can 10.5 ounce	
white sugar	2 tablespoons	
soy sauce	2 tablespoons	
boneless round steak, cut into bite-sized pieces	1 pound	
chopped fresh ginger root	¼ teaspoon	
garlic, minced	1 clove	
chopped fresh broccoli (uncooked)	4 cups	

Instructions:

1. In a small bowl, combine flour, broth, sugar, and soy sauce. Stir until sugar and flour are dissolved.
2. In a large skillet or wok over high heat, cook and stir beef 2 to 4 minutes, or until browned. Stir in broth mixture, ginger, garlic, and broccoli. Bring to a boil, then reduce heat. Simmer 5 to 10 minutes, or until sauce thickens.