



1 Servings

beef & broccoli with brown rice

Ingredients

onions	1/4 Cup(s)
beef top sirloin, lean	3 oz
beef broth, low sodium	1 Cup(s)
broccoli	1 Cup(s)
cornstarch	1 tsp
brown sugar	1 tsp
garlic powder	1/4 tsp
brown rice, long-grain, cooked	1/2 Cup(s)

Nutrition Totals

Calories 348 / **Carbs** 40 g / **Protein** 23 g / **Fat** 11 g / **Fluid** 7 fl oz

Instructions

1. Slice onions into thin strips and slice beef into thin, 1-inch pieces.
2. Coat skillet with cooking spray and heat over medium heat.
3. Add beef and onion and stir fry until browned and cooked through. Remove onto a plate and keep warm.
4. Add half the broth and broccoli to pan. Cover and simmer until broccoli is cooked to desired tenderness.
5. In a small bowl, mix cornstarch, brown sugar, and garlic powder with remaining broth.
6. Add to the pan and cook over medium heat until mixture begins to thicken, stirring constantly.
7. Return beef/onion to the pan and heat through.
8. Serve over cooked brown rice.

Nutrition Label

Beef & Broccoli With Brown Rice	
Amount Per Serving	
Calories	348
	% Daily Value*
Total Fat 10.5g	16%
Saturated Fat 3.5g	18%
Trans Fat 0.5g	
Cholesterol 57.8mg	19%
Sodium 498.6mg	21%
Total Carbohydrates 39.5g	13%
Dietary Fiber 4.6g	19%
Total Sugar 8.5g	
Protein 22.6g	
Vitamin D 4.2IU	1%
Calcium 69.5mg	7%
Iron 3.5mg	20%
Potassium 674.3mg	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.