

Broccoli and Beef Stir Fry

If you are craving some Chinese food, but don't want to order out, then this is the recipe for you. Add some rice to this meal to satisfy even the hungriest folks in your house. If you don't want to add the extra carbs, then just add your favorite low carb side to complete this dinner.

Recipe Type: Beef, Main Dish **Degree of Difficulty:** Moderate

Ingredients

- 3 Tbsp Cornstarch
- ½ Cup Water, plus 2 Tbsp
- ½ Tsp Garlic Powder
- 1 lb beef round steak
- 2 Tbsp Vegetable Oil
- 4 Cups Broccoli Florets
- 1 Onion
- 1/3 Cup Soy Sauce
- 2 Tbsp Brown Sugar
- 1 Tsp Ginger
- 1 – 2 Tbsp Sesame Seeds
- 1 – 2 Tbsp Dried Red Pepper (optional)



Directions

1. Add the beef and toss to season.
2. Using a large skillet (or wok) heat 1 tablespoon of oil over medium-high heat.
3. Add beef and stir-fry until desired doneness.
4. Remove beef and set aside. Cover to keep warm.
5. Add onions and remaining oil to the pan. Cook until softened.
6. Add the broccoli and cook for about 3 minutes. You want the broccoli to be tender but still crisp.
7. Add the beef to the pan.
8. Combine soy sauce, brown sugar, ginger and remaining 1 tablespoon cornstarch and 1/2 cup water in a bowl. Mix until smooth.
9. Add mixture to the pan.
10. Cook and stir for 2 minutes.
11. Divide mixture onto 4 plates.
12. Sprinkle with sesame seeds and serve.
13. Optional: Sprinkle with a dash of dried red peppers for additional flavors.

Cooking Times

Prep Time: 10 minutes **Cooking Time:** 15 minutes

Nutrition Facts

Nutrition facts shown below are per serving. The number of serving is noted in the header section below. The serving size is the first item noted on the nutrition facts table.

Number of Servings: 4 Serving Size ¼ of Pan

Nutrition (per serving): Calories 506, Total Fat 25g, Sat Fat 8g, Cholesterol 107mg, Sodium 831mg, Carbohydrates 23g, Fiber 8g, Sugar 6g, Protein 44g

MyWW Points

Green: 13 pts **Blue:** 13 pts **Purple:** 13 pts

Other Weight Watchers Points

Points Plus: 12 pts

Original Points: 11 pts

The nutrition information for the broccoli was not included in the calculation of any of the WW points values.

Tips

For the Weight Watchers members on the Blue or Purple MyWW plan, replace the beef for chicken breast to lower the points.