



## Broccoli Beef

**Prep Time** : 15 mins **Cook Time** : 15 mins **Servings** : Servings: 4 **Source** : Allrecipes.com

### INGREDIENTS

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

### DIRECTIONS

Instructions Checklist

In a small bowl, combine flour, broth, sugar, and soy sauce. Stir until sugar and flour are dissolved.

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.

### NUTRITION

178 calories; 3.2 g total fat; 39 mg cholesterol; 755 mg sodium. 19 g carbohydrates; 19.2 g protein; Full Nutrition