

Beef and Broccoli Stir Fry

Makes 1 Serving

Ingredients

- 1 teaspoon olive oil
- 3 cups broccoli
- 2 thinly sliced carrot
- 1 onion, cut into wedges
- 6 oz. sirloin steak cut into strips
- 3 tbsp low sodium chicken or beef broth
- 1 tbsp reduced sodium soy sauce
- 1 teaspoon whole wheat flour
- 1/2 teaspoon Splenda

Directions

- 1.Heat olive oil in a large skillet and add the prepared vegetables.
- 2.Cook, stirring until veggies are crisp tender and onions are browned. Put aside.
- 3.Stir in the beef strips, cook until desired doneness.
- 4.In a small bowl, combine the remaining ingredients, stirring to dissolve the flour; add to the beef mixture and cook stirring constantly until sauce thickens

Nutritional Facts

(Per Serving)

- Calories: 554
- Protein: 58g
- Carbohydrates: 38g
- Fat: 19g



Meat

