



Beef and Broccoli with White Rice

Ingredients

½ lb. lean round steak, thinly sliced ½ cup sliced celery
2 Tbsp soy sauce ¼ cup chopped onion
1 Tbsp dry sherry 1 clove garlic, minced
2 Tbsp water 1 cup broccoli flowerets and short stems
2 Tbsp cornstarch ¼ cup water
1 tsp. oil 2 Tbsp each cornstarch and water

Nutrition Facts (per serving)

Calories	310
Fat (g)	5
Saturated Fat (g)	-
Cholesterol (mg)	36
Sodium (mg)	573
Carbohydrate (g)	45
Fiber (g)	2
Protein (g)	18
Calcium (mg)	-

Preparation

Marinate beef in mixture of soy sauce, sherry, water and cornstarch for one hour at room temperature. When ready to serve, heat oil in large non-stick frying pan or wok until very hot. Brown celery, onion and garlic; remove beef from marinade (save the marinade) and brown quickly on both sides. Remove beef and vegetables and keep warm. Add broccoli to frying pan along with ¼ cup water. Cover and steam just until fork tender. Return beef and vegetables and keep warm. Mix water and cornstarch, add to reserved marinade, shake well, pour into pan, cook and stir until thick. Follow instructions for long grain white rice and serve this on top. 2 servings and 1/3 cup of rice.

Serving Size: ½ cup mixture on ½ cup rice

