

# <sup>1 Servings</sup> 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.

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# **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.

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