

Beef & Broccoli Stir Fry



Ingredients

1 tsp.	Oil
½ c.	Onions, sliced
2 c.	Broccoli florets
½ c.	Water
1 c.	Beef
1-2 tsp.	Soy sauce, low sodium
½-1 tsp.	Garlic powder
Pinch	Cayenne pepper, optional

Directions

In a medium skillet, heat oil over medium/medium-high heat. Add onions; stir & cook continuously for 1-2 minutes. Add water & broccoli. Continue cooking & stirring for 2-3 minutes. Add beef, soy sauce, & seasonings; stir & cook for an additional 2-3 mins. Serve over rice.

Prep Time: 10 mins.

Cook Time: 8-10 mins.

Makes: 2 cups

Nutrition Facts

2 servings per container	
	1c. stir fry 1/2 c. rice
Serving size	
Amount Per Serving	
Calories	420
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 100mg	34%
Sodium 310mg	14%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	
Protein 37g	74%

*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.

Leftovers? Make Fried Rice!



*Great source of
Vitamins A & C and
Iron!*

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