

Beef & Broccoli Stir-Fry*

Servings: 4 | Prep/cook time: 28 minutes

Ingredients:

- 2½ tbsp. cornstarch, divided
- ¼ tsp salt
- ¾ pounds lean sirloin beef, thinly sliced against the grain
- 2 tsp. Canola oil
- 1 cup reduced-sodium chicken broth, divided
- 5 cups broccoli florets, uncooked
- 1 tbsp. ginger, minced
- 2 tsp. garlic, minced
- Red pepper flakes to taste
- ¼ cup water
- ¼ cup low sodium soy sauce



Directions:

1. On a plate, combine 2 tablespoons cornstarch and salt; add beef and toss to coat.
2. Heat oil in a large nonstick wok or large deep skillet over medium-high heat. Add beef and stir-fry until lightly browned and cooked through, about 4 minutes; transfer to a bowl with a slotted spoon.
3. Add ½ cup broth to same pan; stir to loosen any bits on food on bottom of pan. Add broccoli; cover and cook, tossing occasionally and sprinkling with a tablespoon water if needed, until broccoli is almost crisp-tender, about 3 minutes. Uncover pan and add ginger, garlic and red pepper flakes; stir-fry until fragrant, about 1 minute.
4. In a cup, stir together water, soy sauce, remaining ½ cup broth and remaining ½ tablespoon cornstarch until blended; stir into pan. Reduce heat to medium-low and bring to a simmer; simmer until slightly thickened, about 1 minute.
5. Return beef and accumulated juices to pan; toss to coat. Serve.
6. Yields about 1¼ cups per serving.

**This recipe comes from WW. 4 PersonalPoints™ per serving*