

Main

Beef & Broccoli Stir-Fry

Cost: Per Recipe: \$5.38 Per Serving: \$2.69



For more healthy and affordable meals, check out <http://recipefinder.nal.usda.gov/>

Beef & Broccoli Stir-Fry

Serving Size: ½ Batch
Yield: 2 Servings

Ingredients:

- ½ cup beef broth
- 1 Tbsp firmly packed brown sugar
- 1 Tbsp lite soy sauce
- 2 tsp cornstarch
- 1 tsp canola oil
- 6 oz. top sirloin, cut into 1/8 to ¼ inch thick strips
- 2 cups chopped broccoli florets
- ½ cup sliced onions
- 2 garlic cloves, minced
- 1 ½ cups cooked long-grain rice

Instructions:

1. Combine broth, brown sugar, soy sauce, and cornstarch in a small bowl. Mix until cornstarch is dissolved; set aside.
2. Heat oil in a large skillet over medium heat; add beef and stir-fry for 3 minutes. Add broccoli, onions, and garlic; stir-fry for 5 to 6 minutes or until beef is cooked and broccoli is tender-crisp.
3. Add sauce to skillet; stir-fry for 1 minute or until sauce is thickened and bubbly. Serve over rice.

Nutrition Per Serving:

Calories 393, Calories from Fat 81, Protein 27g
Fat 9g(sat 3g), Carbohydrate 52g, Fiber 6g,
Cholesterol 56mg, Sodium 670mg, Sugar 12g

Healthy Additions:

- Add zucchini, mushrooms, chestnuts, bamboo shoots, or celery for more flavor and nutrition.

Keep your families active.

- Plan outdoor activities when weather permits.
- 60 minutes or more of physical activity each day is recommended for children.
- Encourage free play - activity kids get when they're left to their own creativity.
- Outside of the most common team sports, here are some ideas:
 - swimming
 - horseback riding
 - dance classes
 - skating
 - cycling
 - cheerleading
 - skateboarding
 - hiking
 - golf
 - tennis
 - gymnastics
 - martial arts
 - yoga/fitness classes
 - ultimate frisbee
 - running

Call your local health department for more information.



A healthier today for a brighter tomorrow.
www.LCDHD.org