**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.