

Beef and Broccoli

Makes 4 servings

1 1/4 lbs. beef round sliced into 1/4" strips
1 T chopped fresh ginger
2 T chopped fresh garlic
1 T soy sauce
3 T red wine vinegar
4 cups broccoli florets
2/3 cup orange juice
1.5 T cornstarch
3 cups cooked brown rice



In a bowl combine beef, ginger, garlic, soy sauce, and vinegar and marinate at least 10 minutes. Place about 1/4 cup of water in a nonstick pan and add broccoli florets. Cover the broccoli and place over medium to high heat for about 3 minutes. Remove broccoli from pan and place in a bowl for later use. Reserving the marinating liquid, place the marinated beef in a pan over medium heat and cover for 3 minutes, stirring twice during this period. Uncover the beef and continue to cook until meat is browned thoroughly. Combine orange juice and cornstarch in a small bowl and mix. Pour this mixture over the beef and heat until a boil (at this point the sauce will thicken). Add broccoli to pot and continue to heat about 30 seconds stirring frequently. Serve over cooked rice.

Nutrition information: 410 calories, 8g fat (2.5g saturated fat), 39g protein, 370mg sodium, 5g dietary fiber. Excellent source of: vitamin A, vitamin C and iron.

