

# Easy Beef and Broccoli Skillet

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/ground-beef-and-broccoli-recipes>

## Ingredients:

- 1/2 cup low sodium soy sauce
- 1/2 cup water
- 2 tablespoons mirin
- 2 tablespoons Worcestershire sauce
- 1 tablespoon fresh ginger
- 1 1/2 tablespoons cornstarch
- 2 tablespoons olive oil
- 1 medium onion diced
- 1 1/2 pounds beef steak cut in bite size pieces
- 3 cloves garlic minced
- 1 broccoli large, crown cut into bite size pieces

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 22 grams
3. Fat: 7 grams
4. Fiber: 6 grams
5. Protein: 7 grams
6. SaturatedFat: 1 grams
7. Sodium: 1210 milligrams
8. Sugar: 6 grams

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