

Simple Italian Beef and Broccoli Skillet

Yield: 5 min
Total Time: 70 min

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

Ingredients:

- 2 pounds beef stew meat
- 3 tablespoons Italian seasoning mix
- 1 head broccoli fresh
- 2 tablespoons olive oil

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 135 milligrams
4. Fat: 49 grams
5. Fiber: 4 grams
6. Protein: 34 grams
7. SaturatedFat: 19 grams
8. Sodium: 280 milligrams
9. Sugar: 3 grams

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