

Beef and Broccoli

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 1 pound beef boneless
- chuck roast sliced into thin strips
- 1 cup beef broth
- 1/2 cup soy low sodium
- sauce
- 1/3 cup dark brown sugar
- 1 tablespoon sesame oil
- 4 garlic cloves diced
- 2 1/2 tablespoons cornstarch
- 1/2 cup sauce from the
- broccoli cuts
- white rice cooked

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 80 milligrams
4. Fat: 25 grams
5. Fiber: 4 grams
6. Protein: 29 grams
7. SaturatedFat: 8 grams
8. Sodium: 550 milligrams
9. Sugar: 24 grams
10. TransFat: 1 grams

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