

Szechuan Beef and Broccoli

Stir fry is easy and quick!

Ingredients

- 2 Tbls sesame oil
- 1 pound beef sirloin, cut into strips
- 2 cups fresh broccoli, cut into small florets
- 2 Tbls soy sauce
- 1 tsp chopped garlic
- ¼ tsp ground ginger
- 1/8 tsp crushed red pepper, or cayenne



Directions

1. Heat sesame oil in saute pan or wok over medium-high heat until sizzling. Add steak strips and broccoli florets and cook without stirring about 2 minutes. Once they begin to brown, stir and continue to cook an additional 2 minutes.
2. Add remaining ingredients to pan, stir all to combine and cook for another 1-2 minutes, or until broccoli is tender.
3. Remove from heat and serve garnished with roasted red peppers or sesame seeds.

Makes 4 servings

Nutrition Facts:

Calories 290
Total Fat 14g
Total Carbohydrates 3.5g
Dietary Fiber 1g
Protein 36g

From The Good Carb Chef