

Healthy Food for a Wealthy Mood

advice for | **life**SM



Healthy Beef & Broccoli

- 3 tablespoons cornstarch, divided
- 1/2 cup plus 2 tablespoons water
- 1/2 teaspoon garlic powder
- 1 lb. boneless round steak, cut in 3-inch strips
- 2 tablespoons vegetable oil, divided
- 4 cups broccoli florets
- 1 small onion, cut into wedges
- 1/3 cup reduced sodium soy sauce
- 2 tablespoons brown sugar
- 1 teaspoon ground ginger
- Hot cooked rice

Cooking Instructions

In a bowl, combine 2 tablespoons cornstarch, 2 tablespoons water and garlic powder until smooth. Add beef and toss. In a large skillet over medium-high heat, stir fry beef in 1 tablespoon oil until beef reaches desired doneness; remove and keep warm. Stir fry broccoli and onion in remaining oil for 4-5 minutes. Return beef to pan. Combine soy sauce, brown sugar, ginger remaining cornstarch and water until smooth; add to the pan. Cook and stir for 2 minutes. Serve over rice.

Nutrition Facts

Servings per recipe: 4. Per serving: 150 calories; 7g fat(.9 g sat); .6 g fiber; 20g carbohydrates; 3.5g protein; 0mg cholesterol; 7.8g sugars; 731mg sodium.

Catherine Stahl Scheuber, CRPC®
Chartered Retirement Planning Counselor
Financial Advisor
303-963-5705
catherine.scheuber@lpl.com

 **LPL Financial**

Member FINRA/SIPC