



Stir Fry Beef and Broccoli (Low Carb)

Ingredients:

Garlic, ginger, beef, broccoli, red and green peppers, onions, mushroom, soy sauce, sesame seeds. Served with white rice.

All you do:

1. Twenty-four hours before cooking, thaw the beef and broccoli pan(s) in the refrigerator. For a quicker thaw, slightly open the lid of the pan(s) off to one side when thawing in the refrigerator.

Cooking Instructions for Oven:

1. Preheat oven to 350°F.
2. Measure out 2 tablespoons of water and evenly pour the water over the thawed rice in the foil pan. Keep the pan uncovered.
3. On center rack of the oven, place the foil, uncovered, and bake for 15-20 minutes. The beef should reach an internal cooking temperature of 165°F (on cooking thermometer) to ensure that it is cooked through.
4. Serve the beef over rice and top with cooked vegetables.

Chef's Tip(s): Check the temperature of your meat after 15 minutes. The beef is already cooked so you want to be careful not to leave it under the heat for too long as it can become tough if it is overcooked.

Dietitian Tips & Notes:

Serve with: sautéed spinach

Leftovers: heat up with scrambled eggs and make into a hash

Fun Fact: The ginger plant is lovely and large (2-4 ft) with beautiful yellow flowers, but what makes ginger unique is its rhizome, or underground stem, also referred to as its "root." When the stem and leaves wither, the rhizomes are harvested and used fresh or dried and powdered to make ground ginger.

Beef & Veggies Nutrition Facts per serving: 322 calories, 10 g total fat (3 g saturated fat, 0 g transfat), 0 g cholesterol, 1414 mg sodium, 30 g carbohydrates (5 g fiber, 14 g sugar), 25 g protein

White Rice Nutrition Facts per serving: 202 calories, 0 g total fat (0 g saturated fat, 0 g transfat), 0 mg cholesterol, 0 mg sodium, 45 g carbohydrates (1 g fiber, 0 g sugar), 4 g protein