

EASY BEEF AND BROCCOLI



SERVING SIZE

3



INGREDIENTS

ITEM

Beef chuck roast, sliced
Broccoli florets
Beef broth
Low-sodium soy sauce
Water

QUANTITY

1 lb
6 cups
1 cup
½ cup
¼ cup



PREPARATION

- Heat a large skillet or wok over medium-high heat. Add beef slices and cook for 4-5 minutes until browned.
- Add beef broth, soy sauce, and water to the skillet. Stir to combine and bring to a simmer.
- Add broccoli florets to the pan. Cover and cook for 5-6 minutes, or until the broccoli is tender and the sauce has slightly reduced.
- Taste and adjust seasoning if needed. Serve hot.