



GINGER BEEF & BROCCOLI SKILLET

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Lean Ground Beef (93-96% Lean)	10 Oz.	Rice Vinegar	1 Tbsp.
Broccoli Florets	3 Cups	Sesame Oil	½ Tsp.
Mushrooms, sliced	1 Cup	Honey or Sweetener	½ Tsp.
Green Onions, sliced	2	Cornstarch	1 Tsp.
Cloves Garlic, minced	2	Water	2 Tbsps.
Fresh Grated Ginger	1 Tsp.	Salt and Black Pepper, to taste	
Low-sodium Soy Sauce	1 Tbsp.		

SERVING SIZE

HALF OF TOTAL SKILLET

PREPARATION

- 👉 In a small bowl, whisk together soy sauce, rice vinegar, sesame oil, honey, cornstarch, and water.
- 👉 Heat a large skillet over medium heat.
- 👉 Add ground beef and cook until browned, breaking it apart as it cooks.
- 👉 Add garlic and ginger and cook for about 30 seconds.
- 👉 Add broccoli and mushrooms and cook for 4-6 minutes, until the vegetables are tender-crisp.
- 👉 Pour the sauce over the beef and vegetables.
- 👉 Stir well and cook for 1-2 minutes, until the sauce thickens slightly.
- 👉 Stir in green onions.