



Chop-Chop Beef Stir-Fry



Entire recipe: 293 calories, 6.5g total fat (1.5g sat. fat), 770mg sodium, 26g carbs, 7.5g fiber, 7g sugars, 35g protein

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Prep: 10 minutes **Cook:** 10 minutes

Marinate: 15 minutes

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Ingredients

1/2 cup reduced-sodium beef broth
1/2 tbsp. cornstarch
1/2 tbsp. reduced-sodium/lite soy sauce
1/2 tbsp. chopped garlic
1/4 tsp. crushed red pepper
Dash salt
4 oz. thinly sliced raw flank steak
2 cups broccoli florets
1 cup sliced mushrooms
1 cup sugar snap peas
2 tbsp. chopped scallions
Optional seasonings: black pepper and additional salt
Optional garnish: thinly sliced scallions

Directions

In a medium bowl, combine broth, cornstarch, soy sauce, garlic, red pepper, and salt. Whisk until cornstarch dissolves.

Add beef, and toss to coat. Cover and marinate in the fridge for 15 minutes.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add broccoli, mushrooms, sugar snap peas, scallions, and half of the beef marinade. Cook and stir until veggies soften, about 3 minutes.

Add beef and remaining marinade. Cook and stir for another 3 minutes, or until beef is cooked through.

MAKES 1 SERVING

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