Beef & Broccoli Stir-fry

Ingredients:
1 pound boneless beef top round steak, cut into 3 inch strips
1 clove garlic
1 1/2 tablespoons ginger
2 tablespoons soy sauce
1 bunch broccoli
2 tablespoons vegetable oil
1/2 cup water
1 1/2 cup beef broth
1 1/2 tablespoons cornstarch

Directions:
1. Combine beef, garlic, ginger, and soy sauce in a bowl and let stand.
2. Wash broccoli thoroughly and cut into florets.
3. Heat 2 tablespoons oil in a large nonstick skillet or wok over high heat; add broccoli florets then stir-fry for 2 minutes.
4. Add 1/2 cup water and stir until water evaporates.
5. Add beef mixture and stir-fry for 3 minutes.
6. Stir together broth and cornstarch, add to meat and stir-fry until sauce is thickened, about 2-4 minutes longer.

Serve with: rice or noodles

NUTRITION FACTS
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<tbody>
<tr>
<td>Calories</td>
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<tr>
<td>Fat</td>
<td>11 g</td>
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<tr>
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