

Eat Smart!

Oriental Beef with Broccoli



- ½ pound boneless top round or flank steak, trimmed
- 10 sun dried tomato slices or halves (packed without oil)
- ¾ cup boiling water
- 2 teaspoons cornstarch
- ¼ cup low sodium soy sauce
- 1½ teaspoons sugar
- 2 cups fresh broccoli florets or 1 (10 oz.) pkg. frozen broccoli florets, thawed
- 3 green onions, sliced
- 1 clove garlic, minced
- Hot cooked rice

1. Slice steak diagonally across the grain into very thin slices.
2. Combine tomato slices and boiling water; let stand 5 minutes.
3. Drain and slice tomato into thin strips, reserving liquid.
4. Combine cornstarch, soy sauce, sugar, and reserved liquid, stirring until smooth. Set aside.
5. Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
6. Add steak, and cook, stirring constantly, 3 minutes. Remove from skillet, and set aside.
7. Add tomato strips, broccoli, green onions, and garlic. Cook, stirring constantly, 3 minutes.
8. Add cornstarch mixture and steak, and cook, stirring constantly, 1 minute.
9. Serve over rice.

Nutrition Facts	
4 servings per container	
Serving size	1 cup (175g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2g	10%
<i>Trans Fat</i> 0g	
Cholesterol 40mg	13%
Sodium 720mg	31%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 42mg	4%
Iron 2mg	10%
Potassium 399mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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