

Beef

Beef With Broccoli

Servings: 3

Exchanges: One serving (1/3 of total) = 3 meat, 1 vegetable.

1 pound broccoli
1 tablespoon cornstarch
2 tablespoons soy sauce
1 tablespoon sesame oil
1 tablespoon sherry
1/2 pound lean beef
1 tablespoon corn oil
1/2 teaspoon salt
2 tablespoons water

Cut broccoli spears and then slit into two to four sections. Slice stalk into thin slices.

Mix cornstarch, soy sauce, sesame oil, sherry and beef.

Heat 1/2 tablespoon of the corn oil in frying pan until hot. Stir fry broccoli and salt for one minute. Add 2 tablespoons water and cook for two minutes more; remove from heat and set aside.

Heat 1/2 tablespoon corn oil in frying pan until hot. Stir-fry beef mixture for two minutes.

Add broccoli to beef mixture and stir well for two minutes. Serve hot.

Per Serving (excluding unknown items): 291 Calories; 20g Fat (62.8% calories from fat); 18g Protein; 9g Carbohydrate; 3g Dietary Fiber; 46mg Cholesterol; 1104mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 Vegetable; 2 1/2 Fat.