

Beef and Broccoli

Ingredients

- $\frac{3}{4}$ pound lean **ground beef**
- $\frac{1}{4}$ teaspoon **ground ginger**
- $\frac{3}{4}$ teaspoon **garlic powder**
- 2 Tablespoons packed **brown sugar**
- $\frac{1}{4}$ cup low-sodium **soy sauce**
- 2 teaspoons **cornstarch**
- 1 Tablespoon **sesame oil**
- $\frac{1}{4}$ teaspoon **red pepper flakes**
- $\frac{1}{2}$ cup **water**
- 4 cups chopped **broccoli** (fresh or frozen)
- 3 cups cooked **bulgur**

Directions

1. Wash hands with soap and water.
2. Cook beef, ginger and garlic powder in a skillet over medium-high heat (325 degrees F in an electric skillet) until meat is browned.
3. In a medium bowl, mix sugar, soy sauce, cornstarch, sesame oil, pepper flakes and water.
4. Add sauce to beef and cook for 5 minutes. Add broccoli and cook until tender.
5. Serve over cooked bulgur.
6. Refrigerate leftovers within 2 hours.

Note

Try Food Hero Baked Tofu instead of beef.

