Quick Lean Beef & Broccoli Stir-Fry

A fast, protein-packed beef and broccoli stir-fry with savory soy sauce, perfect for a low-carb, muscle-friendly meal.

Servings: 2 **Time:** 20 minutes

Ingredients

- 8 oz lean beef sirloin, thinly sliced
- 2 cups broccoli florets
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 teaspoon fresh ginger, grated
- 3 tablespoons low-sodium soy sauce
- 1 tablespoon water
- 1 teaspoon sesame oil
- 1/2 teaspoon crushed red pepper flakes (optional)
- Salt and black pepper to taste

Instructions

1. Heat olive oil in a large skillet or wok over medium-high heat.
2. Add sliced beef and season with salt and pepper. Stir-fry for 2-3 minutes until browned but not fully cooked. Remove beef and set aside.
3. In the same pan, add garlic and ginger; sauté for 30 seconds until fragrant.
4. Add broccoli florets and 1 tablespoon water. Cover and steam for 3-4 minutes until tender-crisp.
5. Return beef to the pan. Stir in soy sauce, sesame oil, and crushed red pepper flakes (if using).
6. Cook everything together for 2 more minutes, stirring frequently, until beef is cooked through and flavors combine.
7. Serve hot and enjoy.

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