Savory Stovetop Beef and Broccoli Sauté

Tender beef strips and crisp broccoli cooked quickly in a savory soy sauce glaze for a low-carb, high-protein meal.

Servings: 2 **Time:** 20 minutes

Ingredients

- 8 oz beef sirloin, thinly sliced
- 3 cups broccoli florets
- 2 tbsp soy sauce (low sodium)
- 1 tbsp olive oil
- 1 tsp fresh ginger, minced
- 2 garlic cloves, minced
- 1/4 cup beef broth (low sodium)
- 1/2 tsp black pepper
- 1 tsp sesame oil
- 1 tbsp water
- 1 tsp cornstarch

Instructions

1. In a small bowl, mix soy sauce, beef broth, water, and cornstarch; set aside.
2. Heat olive oil in a large skillet over medium-high heat.
3. Add minced garlic and ginger; sauté for 30 seconds until fragrant.
4. Add beef strips; cook 3-4 minutes until browned but still tender. Remove beef and set aside.
5. Add broccoli florets to the same skillet; sauté for 3-4 minutes until bright green and just tender.
6. Return beef to the skillet; pour in the soy sauce mixture.
7. Stir continuously for 2-3 minutes until sauce thickens and coats beef and broccoli.
8. Remove from heat and drizzle with sesame oil before serving.

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