



Ground Beef and Broccoli Stir Fry

This stir fry comes together quickly for weeknight dinners. You can always add more vegetables such as asparagus, peppers, or zucchini to make it even more nutritious. Serve over rice or cauliflower rice.

SERVES: 4

Ingredients

- ¼ to ⅓ cup reduced sodium soy sauce or gluten-free, reduced sodium tamari
- 1 tablespoon honey
- 4 cloves garlic, minced
- 1 1-inch piece fresh ginger, peeled and grated
- 1 tablespoon cornstarch
- 1 ½ teaspoon sesame oil
- 1 pound ground beef, 93% lean
- ½ medium yellow onion, chopped
- 1 large head broccoli, cut into florets and blanched
- 1 tablespoon toasted sesame seeds
- 3 medium scallions, sliced on the bias
- Cooked rice or cauliflower rice, for serving (optional)

Directions

1. In a small bowl, whisk together the soy sauce, honey, garlic, ginger, and cornstarch. Set aside.
2. Add the sesame oil to a large deep skillet over medium-high heat. Add the beef and onion and cook, stirring occasionally, until the meat is just about cooked through, about 5 minutes.
3. Pour in the reserved sauce, stir to combine, and cook for 1 minute. Add the broccoli and cook for 1 more minute.
4. Divide mixture evenly among 4 plates or shallow bowls, layering rice first, if using.
5. Top each with sesame seeds and scallions.