

# Beef & Broccoli Orange Stir-Fry

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## ***Nutritional Info***

Serving per recipe: 6

### Amount per serving

Calories: 279

Total fat: 3.6g

Carbs: 36.2g

Protein: 29.4g

## ***Ingredients***

Olive oil cooking spray

1 lb lean round steak, pounded to 1/4 inch thick and sliced thin in strips

1/2 cup white onion diced 2 cups fresh broccoli florets, separated into bite size pieces 1/2 red bell pepper, julienne cut 3 tbsp. low sodium tamari soy sauce juice 1 medium orange 1 tbsp orange zest 2 cloves garlic, minced 2 tsp raw organic honey 2 tsp whole wheat flour

## ***Directions***

Heat large nonstick skillet over high heat for 1 min. Reduce heat to medium-high, mist pan with cooking spray and sauté steak for about 2-3 min to desired doneness. Remove steak, leaving juices in the pan. Mist same pan again with cooking spray. Add onion, broccoli and pepper and sauté over medium-high heat for about 5 min until cooked through. In a medium bowl whisk together soy sauce, orange juice, zest, garlic and honey. Add steak back in to vegetables and pour in soy sauce mixture. Sauté over med high heat for about 2 min then whisk in flour to thicken, about 2-3 min. Remove from heat and serve.