

# "Beef" and Broccoli



PREP TIME

5 mins

COOK TIME

20 mins

TOTAL TIME

25 mins



COURSE

Dinner, Lunch



SERVINGS

6 servings

CALORIES

298 kcal

## INGREDIENTS

- 1 pound seitan cut into strips (can use tofu or tempeh instead also)
- ½ tsp vegetable broth paste
- 1 c water
- ½ c low sodium soy sauce
- ½ c brown sugar
- 2 Tbsp sesame oil
- 1 Tbsps sriracha
- 3 cloves garlic minced
- 3 stalks green onions finely sliced
- 2 Tbsp cornstarch
- 8 c Broccoli

## INSTRUCTIONS

1. In a large saucepan over medium heat, add your seitan and saute just until it starts to crisp up, about 5 minutes, stirring frequently. (You can also use cubed tofu or tempeh for this step instead - but it will alter the macros)

- 2. Add broth paste, water, soy sauce, brown sugar, sesame oil, sriracha, garlic, and green onions to the pot. Cook for 5-7 minutes until it is a low boil.
- 3. Take about 1/3 c of the liquid out of the pot and whisk the cornstarch into it. Add this mixture back to the pot and stir it in to coat.
- 4. Add the broccoli to the pot and stir it in well. Cook for an additional 5-7 minutes until the broccoli is cooked to desired doneness.
- 5. Garnish with sesame seeds and green onions if desired.

NUTRITION

Nutrition Facts	
"Beef" and Broccoli	
Amount Per Serving	
Calories 298	Calories from Fat 69
% Daily Value*	
Fat 7.7g	12%
Carbohydrates 35.8g	12%
Fiber 4.5g	19%
Protein 24.9g	50%
* Percent Daily Values are based on a 2000 calorie diet.	



Tried this recipe?  
Let us know how it was!