



Sheet-Pan Beef & Broccoli



1/2 of recipe (about 1 3/4 cups): 272 calories, 8g total fat (2.5g sat. fat), 773mg sodium, 20g carbs, 5.5g fiber, 6.5g sugars, 31.5g protein

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Prep: 10 minutes **Cook:** 20 minutes

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Ingredients

4 cups broccoli florets
1 tbsp. reduced-sodium soy sauce, divided
1/2 tsp. garlic powder, divided
8 oz. raw lean flank steak, thinly sliced
1/3 cup chopped scallions
1/2 cup beef broth
1 tbsp. seasoned rice vinegar
1 1/2 tsp. cornstarch
1 tsp. chopped garlic
1/4 tsp. ground ginger
1 tsp. sesame seeds

Directions

Preheat oven to 425°F. Spray a baking sheet with nonstick spray.

Place broccoli on half of the sheet, and bake for 8 minutes.

In a small bowl, mix 1 1/2 tsp. soy sauce, 1/4 tsp. garlic powder, and 2 tsp. water. Season steak with remaining 1/4 tsp. garlic powder, and add to the empty half of the baking sheet. Drizzle with sauce mixture, and top with scallions.

Bake until broccoli is tender and steak is cooked through, about 8 minutes.

Meanwhile, in a medium microwave-safe bowl, mix remaining 1 1/2 tsp. soy sauce with broth, vinegar, cornstarch, garlic, and ginger.

Microwave for 1 minute. Stir and microwave for 45 seconds, or until hot and thickened.

Drizzle over steak and broccoli, and mix to coat. Top with sesame seeds.

MAKES 2 SERVINGS

HG FYI: Not all soy sauce is gluten free, so read labels carefully if that's a concern.

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