

Asian Beef & Broccoli With Noodles

Add some more flavor to packaged ramen noodles. This stir-fry recipe with beef Top Round is quick and sure to satisfy any hunger.

INGREDIENTS

1-1/4 pounds beef Top Round or Top Sirloin steak boneless,
cut 1 inch thick

2 packages (3 ounces each) Oriental-flavored instant ramen
noodles, broken up

1-1/2 teaspoons cornstarch dissolved in 1/2 cup water

2 tablespoons vegetable oil

1/2 pound broccoli florets - Broccoli florets are sold in
packages in the produce section of some supermarkets or in
supermarket salad bars. If the florets are too large, cut them
into bite-size pieces.

2 medium carrots, thinly sliced

1 teaspoon grated orange rind (optional)



30 Min



4

Servings



42 Cal



32g

Protein

COOKING

1. Cut beef steak lengthwise in half, then crosswise into 1/8-inch thick strips. Combine seasoning from ramen noodles with cornstarch mixture in large bowl. Add beef; toss.

2. Heat 1 tablespoon oil in large nonstick skillet over medium-high heat until hot. Stir-fry broccoli and carrots 1 minute. Add noodles and 1-1/2 cups water; bring to a boil. Reduce heat; cover and simmer 3 to 5 minutes or until vegetables are tender and most of liquid is absorbed, stirring occasionally. Remove; keep warm.

3. Heat remaining oil in same skillet over medium-high heat until hot. Drain beef, discarding marinade. Stir-fry 1/2 of beef 1 to 2 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Remove. Repeat with remaining beef. Serve over noodles. Sprinkle with orange rind.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		19g	50mg		35g	32g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

