

Asian Beef And Broccoli Noodle Bowl

Add delicious flavor and nutrition to an otherwise ho-hum ramen noodle packet. Tender beef and broccoli take this dish to the next level.

INGREDIENTS

1-1/2 pounds beef Chuck Shoulder Steaks, Arm Steaks or Cross Rib Steaks, cut 3/4 to 1-inch thick
2 teaspoons vegetable oil
3 cups water, divided
2 packages (3 ounces each) Oriental or beef-flavored instant ramen noodles, broken up
2 tablespoons minced fresh ginger
4 cups broccoli florets, cut into 1 to 1-1/2-inch pieces
Toasted sesame seeds, sliced green onions, chopped fresh cilantro (optional)



2.00
Hours



4
Servings



42 Cal



35g
Protein

COOKING

1. Heat oil in stockpot over medium heat until hot. Place beef Chuck Shoulder Steaks in stockpot; brown evenly. Pour off drippings; season with pepper, as desired.
2. Add 1 cup water, seasoning packets from ramen noodles and ginger; bring to a boil. Reduce heat; cover tightly and simmer 1-1/4 to 1-3/4 hours or until beef is fork-tender.
3. Remove steaks; keep warm. Add remaining 2 cups water, broccoli and noodles to stockpot; bring to a boil. Cook, uncovered, 4 to 6 minutes or until broccoli is crisp-tender and noodles are tender, stirring occasionally.
4. Carve steaks into thin slices; return to stockpot. Season with salt and pepper, as desired. Garnish with toppings, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		16g	9mg		31g	35g	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.

