

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 Shoulder Steaks Boneless, cut 3/4 to 1-inch thick
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- 1-1/2 pounds beef Shoulder Steaks Boneless, cut 3/4 to 1-inch thick
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- 1-1/2 pounds beef Shoulder Steaks Boneless, cut 3/4 to 1-inch thick



2.00
Hours



4
Servings



42 Cal



35g
Protein

[illegible]

[illegible]

[illegible]

[illegible]

1-1/2 pounds beef Shoulder Steaks Boneless, cut 3/4 to 1-inch thick

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2 teaspoons vegetable oil

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3 cups water, divided

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

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[illegible]

[illegible]

[illegible]

[illegible]

2 tablespoons minced fresh ginger

[illegible]

[illegible]

2 tablespoons minced fresh ginger

4 cups broccoli florets, cut into 1 to 1-1/2-inch pieces

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[illegible]

4 cups broccoli florets, cut into 1 to 1-1/2-inch pieces
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Toasted sesame seeds, sliced green onions, chopped fresh
cilantro (optional)
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Toasted sesame seeds, sliced green onions, chopped fresh cilantro (optional)

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COOKING

1. Heat oil in stockpot over medium heat until hot. Place beef steaks in stockpot; brown evenly. Pour off drippings; season with pepper, as desired.
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122. Heat oil in stockpot over medium heat until hot. Place beef steaks in stockpot; brown evenly. Pour off drippings; season with pepper, as desired.

123. 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.

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NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
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.

Courtesy of BeefItsWhatsForDinner.com