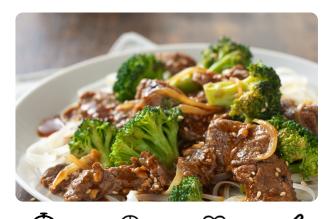


Asian Beef And Broccoli Noodle Bowl

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

- 1-1/2 pounds beef Shoulder Steaks Boneless, cut 3/4 to 1-inch thick
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3 cups water, divided	
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3 cups water, divided
2 packages (3 ounces each) Oriental or beef-flavored instant
ramen noodles, broken up
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2 tablespoons minced fresh ginger 4 cups broccoli florets, cut into 1 to 1-1/2-inch pieces 4 cups broccoli florets, cut into 1 to 1-1/2-inch pieces

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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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- 27. Heat oil in stockpot over medium heat until hot. Place beef steaks in stockpot; brown evenly. Pour off

drippings; season with pepper, as desired.

- 28. 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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NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL
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.

 $Courtesy\ of\ BeefIts Whats For Dinner.com$