

Beef Steaks With Sweet-Soy Drizzle

Beef and broccoli come together in a distinctively Asian way.

INGREDIENTS

2 beef Strip Steaks Boneless, cut 1 inch thick (about 8 ounces each)

1 tablespoon minced fresh ginger

3 tablespoons brown sugar

2 tablespoons rice vinegar

2 tablespoons reduced-sodium soy sauce

1 package (14 to 16 ounces) frozen broccoli florets (4 to 5 cups)



30 Min



4

Servings



42 Cal



33g

Protein

COOKING

1. Rub beef steaks evenly with ginger. Place steaks on rack in broiler pan so surface of beef is 3 to 4 inches from heat. Broil 13 to 17 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

2. Meanwhile, combine brown sugar, soy sauce and vinegar in small bowl, stirring until sugar dissolves. Reserve 2 tablespoons mixture for serving. Prepare broccoli according to package directions; drain. Toss with remaining soy mixture. Keep warm.

3. Carve steaks into slices. Drizzle reserved 2 tablespoons soy mixture over beef. Serve with broccoli.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		7g	84mg		18g	33g	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