

Beef and Broccoli

Kim

Servings: 6

5 Points per serving without rice or noodles.

400 grams beef top round, roasted

1/4 cup flour

2 cups beef broth

2 tablespoons sugar

1 teaspoon ginger

1 teaspoon garlic

2 tablespoons soy sauce

4 cups frozen broccoli

1 cup mushrooms

1/4 cup green onions

In saucepan, combine flour, broth, sugar, spices and soy sauce and stir until dissolved. Add beef and vegetables. Bring to a boil, then reduce heat and simmer until sauce thickens and vegetables are cooked. Serve immediately over rice or noodles.