Ginger Beef Stir Fry Recipe

**SERVINGS: 6**

**INGREDIENTS**

* 1 pound flank steak (cut into ¼-inch strips)
* 2 teaspoons ground ginger
* 2 medium garlic cloves
* 6 ounces beef broth (fat free)
* ¼ cup (2 ounces) hoisin sauce
* 3 tablespoons soy sauce
* 1 tablespoons cornstarch
* 1 teaspoon canola oil
* ¼ teaspoon crushed red pepper flakes
* 3 ounces broccoli florets
* ½ medium yellow, red or green bell pepper cut into strips
* ½ cup instant brown rice
* 2 medium stalks bok choy cut into ½-inch slices
* 8-ounce can sliced water chestnuts

**INSTRUCTIONS**

1. In mixing bowl, stir together steak, garlic and ginger. Set aside.
2. Prepare rice according to directions on package.
3. Combine broth, hoisin sauce, soy sauce and cornstarch in a bowl. Stir until dissolved.
4. In wok or skillet, heat oil and red pepper flakes over medium-high heat.
5. Cook steak 4-5 minutes or until browned. Stir constantly. Set aside.
6. Put broccoli, bell pepper and carrot into pan. Cook over medium-high heat for 2-3 minutes or until tender-crisp. Stir. (If mixture becomes too dry, add in 1-2 tablespoons water.)
7. Stir in bok choy and water chestnuts. Cook for additional 1-2 minutes or under bok choy is tender-crisp. Stir constantly.
8. Make a well in center of pan, and pour in broth.
9. Cook 1-2 minutes or until broth thickens, occasionally stir broth.
10. Mix in beef. Cook 1-2 minutes or until warm.
11. Serve over rice.

**NUTRITION FACTS (? recipe)**  
Calories: 275  
Fat: 8 grams  
Carbohydrates: 25 grams  
Dietary Fiber: 2 grams  
Sugars: 6 grams  
Protein: 17 grams