Beef and Broccoli

Ingredients:

- 2 pounds fresh or frozen broccoli florets
- 3 cloves garlic, minced
- 1 inch fresh ginger, minced
- $\frac{1}{2}$ cup soy sauce
- $\frac{1}{4}$ teaspoon cayenne pepper
- 1 pound low-fat ground beef

Directions:

1. Sauté the crumbled ground beef, minced garlic, minced ginger, cayenne pepper, and soy sauce until just brown.
2. Add in the broccoli florets and continue to sauté. Stir until broccoli begins to soften.

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