Beef and Broccoli

**Ingredients**

- ¾ pound lean ground beef
- ¼ teaspoon ground ginger
- ¾ teaspoon garlic powder
- 2 Tablespoons packed brown sugar
- ¼ cup low-sodium soy sauce
- 2 teaspoons cornstarch
- 1 Tablespoon sesame oil
- ¼ teaspoon red pepper flakes
- ½ cup water
- 4 cups chopped broccoli (fresh or frozen)
- 3 cups cooked bulgur

**Directions**

1. Wash hands with soap and water.
2. Cook beef, ginger and garlic powder in a skillet over medium-high heat (325 degrees F in an electric skillet) until meat is browned.
3. In a medium bowl, mix sugar, soy sauce, cornstarch, sesame oil, pepper flakes and water.
4. Add sauce to beef and cook for 5 minutes. Add broccoli and cook until tender.
5. Serve over cooked bulgur.
6. Refrigerate leftovers within 2 hours.

**Note**

Try Food Hero Baked Tofu instead of beef.

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