



My Leaner Version of Take-Out Beef & Broccoli. Though, Let's Be Real... Use Beef If Ya Want

One of my favorite 'veggie-heavy' dishes is regular beef & broccoli. Funny part is, I don't really care to eat the beef. My favorite part is the broccoli florets, once they begin to absorb the rich and savory sauce. My version uses a LOT less soy sauce than is in traditional 'skinny' food blogger recipes, with some using nearly 3/4 cup of soy sauce, with over 1500mg of sodium per serving. Mine has 1/3 of that, a lot less 'sugar' than normal, but still retains a great depth of flavor, thanks to the addition of our secret weapon of culinary destruction... 'DARK' soy sauce.

### Servings Info.:

Yields: 9 cups  
 Servings: 6  
 Serving Size: 1-1/2 cup



- last checked 11/21/22 -  
 Use your mobile device's 'Camera' App to look at this code for nutritional info.

### Ingredients:

#### Chicken & Marinade:

- 1.5 pounds boneless skinless chicken breast, or chicken breast tenderloins, cut into thin slices
- 1/4 tsp baking soda, mixed with 2 tsp water.

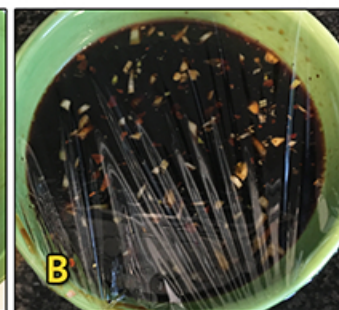
#### Sauce:

- 1-1/2 cups fat free beef broth (use 0 point brand)
- 2-1/2 Tbsp cornstarch, dissolved into the beef broth
- 3 Tbsp reduced sodium soy sauce
- 2 Tbsp DARK soy sauce (see notes)
- 1 tsp sesame oil
- 1-1/2 Tbsp oyster sauce
- 1/4 tsp red pepper flakes
- 1/8 to 1/4 tsp black pepper, to taste
- 1 Tbsp 0 point sweetener o' choice
- 4 medium garlic cloves, crushed and minced
- 1/2 tsp ginger, minced

#### Additional Ingredients:

- 24oz uncooked broccoli florets. I purchased (2) 12oz bags of 'Green Giant' broccoli florets. Though, you can use fresh.
- 1 tsp sesame seeds, for garnish

### Directions:



1. **(A)** Mix chicken pieces with the marinade ingredients, let sit for 20 minutes. **(B)** Meanwhile, in a separate bowl, mix the sauce ingredients together. Set aside.



2. **(A)** Now, let's QUICK-steam the broccoli. You can either place the broccoli in 1 or 2 large ziplock bags, poke a small hole into the bag(s) with a knife, then cook for 2 minutes. Or... use the bags the florets came in, if microwave safe. Any longer than 2 minutes and it gets too soft, once the dish is finished. Remove broccoli from bags, set aside. **(B)** Heat a large pan or wok over medium-high heat for 1 minute. Spray with cooking spray, then place chicken into the pan. Cook for 5 minutes, or till just cooked through.



3. **(A)** When the chicken is just cooked through, increase the heat to high, then pour in the sauce, stir to combine. **(B)** Cook over high heat for 5 minutes, stirring while the sauce continues to thicken and coat the chicken. **(C)** Add the lightly steamed broccoli florets to the pan. Fold the broccoli into the dish, then cover with a lid. Cook, covered, for 1 more minute. Turn off heat, remove cover, then toss till the broccoli and chicken are both well coated in the thickened sauce. **(D)** Pour dish into a large serving bowl or platter, garnish with sesame seeds.

#### NOTES:

- **PROTEIN:** Though my dish uses chicken, you can definitely make this with beef, if you'd like. If you do so, remember to adjust your points. If you're going a vegetarian route, you can also use extra firm tofu. If you do, don't use the baking soda in the marinade... That'd be disgusting.
- **GLUTEN FREE:** If you have a Gluten intolerance, you can use 'Tamari' type Soy Sauce. You can also find gluten free, vegan oyster sauce, like mentioned above, as well as vegan 'dark soy sauce', though it might change the points. Also, cornstarch is gluten free, so you're good to go.
- **DARK SOY SAUCE:** I used 'Sushi Chef' brand while calculating the points for this recipe. If you use a different brand, adjust your points if needed.
- **LARGE FRYING PAN vs. WOK:** I'm using a large pan instead of a Wok, because most people don't have woks. My recipes will always use common equipment in their preparations, to make the dishes as accessible as possible. Hence, why I also don't use an air fryer or grill. Not everyone has a grill, but everyone has an oven or toaster oven. Same with good ol' frying pans. Now, in the words of my Uncle... "Allez Cuisine!"

