

## Sesame Orange Beef & Broccoli Stir-Fry

Recipe By: Diabetic Living Magazine "Skip the Chinese takeout tonight and make your own. This vibrant beef stir-fry dish is loaded with mild broccoli, fresh orange sections, and crisp-tender red pepper strips. Served over brown rice, it's ready in just 40 minutes."

### Ingredients

- ½ cup long grain brown rice
- 1 tablespoon finely shredded orange peel
- ¼ cup orange juice
- ¼ cup reduced-sodium beef broth
- 2 tablespoons low-sugar orange marmalade
- 2 tablespoons reduced-sodium soy sauce
- 1-2 tablespoons chili garlic sauce
- 1 teaspoon toasted sesame oil
- 1 tablespoon cornstarch
- 12 ounces beef shoulder petite tender, cut into bite-size strips
- 2 teaspoons vegetable oil
- 6 cloves garlic, minced
- 1 tablespoon grated fresh ginger
- 8 ounces broccoli, trimmed and cut into 2-inch pieces
- 1 large red bell pepper, seeded and cut into bite-size strips
- 6 scallions, bias-sliced into 2-inch pieces
- 2 oranges, sectioned
- 1 tablespoon sesame seeds, toasted

### Directions

- 1 Cook brown rice in a small saucepan according to package directions. Keep warm.
  - 2 Meanwhile, combine orange peel, orange juice, broth, marmalade, soy sauce, chili garlic sauce, and toasted sesame oil in a small bowl. Whisk in cornstarch. Set aside.
  - 3 Coat a large nonstick skillet or wok with cooking spray. Add beef; stir-fry for 2 to 3 minutes or until desired doneness. Transfer to a bowl. Add vegetable oil to the skillet. Add garlic and ginger to the hot oil; stir-fry for 30 seconds. Add broccoli; stir-fry for 3 minutes more. Add bell pepper and scallions; stir-fry 2 minutes more.
  - 4 Return the beef to the skillet. Stir the cornstarch mixture well and add to the skillet. Cook and stir until thick and bubbly. Add orange sections; cook and stir for 1 minute more.
  - 5 Divide the reserved warm rice among four plates; top with the beef mixture and sesame seeds.
- To make ahead: Prepare through Step 2. Transfer the cooked rice and the cornstarch mixture to two separate airtight storage containers. Cut up all the vegetables and fruit; place in additional airtight storage containers. Cover and seal all the containers and refrigerate for up to 3 days. Transfer the sliced beef to a freezer container. Cover and seal; freeze for up to 1 month. A day before serving, place the frozen beef in refrigerator to thaw. To serve, continue as directed in Steps 3-5. To warm the rice, place the cooked rice in a microwave-safe bowl; cover with vented plastic wrap. Microwave on Medium (50% power) for 2½ to 3 minutes or until heated through, stirring once.

