



Chop-Chop Beef Stir-Fry



Entire recipe: 293 calories, 6.5g total fat (1.5g sat. fat), 770mg sodium, 26g carbs, 7.5g fiber, 7g sugars, 35g protein

[Click for WW Points® value*](#)

Prep: 10 minutes **Cook:** 10 minutes

Marinate: 15 minutes

More: [Lunch & Dinner Recipes](#), [Single Serving](#)



Ingredients

1/2 cup reduced-sodium beef broth
1/2 tbsp. cornstarch
1/2 tbsp. reduced-sodium/lite soy sauce
1/2 tbsp. chopped garlic
1/4 tsp. crushed red pepper
Dash salt
4 oz. thinly sliced raw flank steak
2 cups broccoli florets
1 cup sliced mushrooms
1 cup sugar snap peas
2 tbsp. chopped scallions
Optional seasonings: black pepper and additional salt
Optional garnish: thinly sliced scallions

Directions

In a medium bowl, combine broth, cornstarch, soy sauce, garlic, red pepper, and salt. Whisk until cornstarch dissolves.

Add beef, and toss to coat. Cover and marinate in the fridge for 15 minutes.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add broccoli, mushrooms, sugar snap peas, scallions, and half of the beef marinade. Cook and stir until veggies soften, about 3 minutes.

Add beef and remaining marinade. Cook and stir for another 3 minutes, or until beef is cooked through.

MAKES 1 SERVING

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.
*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.