Combine the beef, garlic and ginger in a small bowl. Add 3 tbsp of the soy sauce. Stir well, and marinate for at least 10 minutes or up to 1 hour. Chop the broccoli into small florets.

Heat the oil in a skillet over medium-high heat. When the oil begins to sizzle, add the beef and its marinade. Sauté the beef, stirring often, until browned. Add the broccoli, and cook for 3-4 minutes, until tender. Pour in the soy sauce mixture. Continue to cook, stirring often, until the sauce is hot. Serve hot.

Optional: Can be served over brown rice if desired.

Ginger-Garlic Beef Stir-Fry

1/2 lb top round or flank steak, thinly sliced against the grain
3 tbsp packed brown sugar (or less, if you prefer a less sweet dish)
3 tbsp ginger, freshly grated
5 tbsp low-sodium soy sauce
1 head broccoli (or 1 package frozen broccoli, thawed)

1 medium russet potato
8 oz lean ground beef, turkey or vegetarian substitute
1 cup broccoli florets, finely chopped
1 cup water

Pierce potatoes all over with a fork. Place in the microwave and cook on medium, turning over once or twice until potatoes are soft, about 20 minutes. Meanwhile, brown meat in a large skillet over medium-high heat, stirring often, until cooked through. Transfer to a bowl. Place broccoli and water into the skillet and allow to steam until tender, 5 minutes. Drain and add to the meat. Cut off the top third of the cooked potatoes; reserve the tops. Scoop the insides out into a medium bowl. Place the potato shells in a small baking dish. Add 1/2 cup cheddar, sour cream, salt and pepper to the potato insides and mash with a fork or potato masher. Add scallions and the potato mixture to the broccoli and meat; stir to combine. Evenly divide the potato mixture among the potato shells and top with the remaining 1/2 cup cheese. Microwave on high until the filling is hot and the cheese is melted, 2 to 4 minutes.

Loaded Twice Baked Potatoes

4 medium russet potatoes
8 oz lean ground beef, turkey or vegetarian substitute
1 cup broccoli florets, finely chopped
1 cup water

1 cup reduced-fat cheddar cheese, shredded
1/2 cup fat-free sour cream
1/2 tsp salt
1/4 tsp pepper
3 scallions, sliced

4 medium russet potatoes
8 oz lean ground beef, turkey or vegetarian substitute
1 cup broccoli florets, finely chopped
1 cup water

1 head broccoli (or 1 package frozen broccoli, thawed)
3 tbsp packed brown sugar (or less, if you prefer a less sweet dish)
3 tbsp ginger, freshly grated
5 tbsp low-sodium soy sauce
1 medium russet potato
8 oz lean ground beef, turkey or vegetarian substitute
1 cup broccoli florets, finely chopped
1 cup water

Pierce potatoes all over with a fork. Place in the microwave and cook on medium, turning over once or twice until potatoes are soft, about 20 minutes. Meanwhile, brown meat in a large skillet over medium-high heat, stirring often, until cooked through. Transfer to a bowl. Place broccoli and water into the skillet and allow to steam until tender, 5 minutes. Drain and add to the meat. Cut off the top third of the cooked potatoes; reserve the tops. Scoop the insides out into a medium bowl. Place the potato shells in a small baking dish. Add 1/2 cup cheddar, sour cream, salt and pepper to the potato insides and mash with a fork or potato masher. Add scallions and the potato mixture to the broccoli and meat; stir to combine. Evenly divide the potato mixture among the potato shells and top with the remaining 1/2 cup cheese. Microwave on high until the filling is hot and the cheese is melted, 2 to 4 minutes.

Loaded Twice Baked Potatoes

4 medium russet potatoes
8 oz lean ground beef, turkey or vegetarian substitute
1 cup broccoli florets, finely chopped
1 cup water

1 cup reduced-fat cheddar cheese, shredded
1/2 cup fat-free sour cream
1/2 tsp salt
1/4 tsp pepper
3 scallions, sliced

4 medium russet potatoes
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