



Total Time
90 MIN.

Serving & Size
1 CUP BEEF/BROCCOLI + 1 CUP RICE

Difficulty
EASY

Yields
100

Steak strips are stir-fried with broccoli and simmered in a tangy tomato sauce made with Campbell's® Condensed Pouch Tomato Soup. Served over rice, this tasty dish is sure to please your dinnertime crowd.

| Nutrition Facts | |
|---------------------------------|----------------------------------|
| Serving Size | 1 CUP BEEF/BROCCOLI + 1 CUP RICE |
| Amount Per Serving | |
| Calories | 487 |
| | % Daily Value |
| Total Fat 11.9g | 18% |
| Saturated Fat 2.8g | 14% |
| Cholesterol 66mg | 22% |
| Sodium 606mg | 25% |
| Total Carbohydrate 62.1g | 21% |
| Dietary Fiber 7.3g | 29% |
| Protein 31.4g | 63% |
| Vitamin A 9% | Vitamin C 62% |
| Calcium 5% | Iron 19% |

INGREDIENTS

WEIGHT

MEASURE

| | | |
|---|---------|---------------|
| vegetable oil | 12 oz. | 11/2 cups |
| boneless beef top round steak, thinly sliced | 300 oz. | |
| Campbell's® Condensed Tomato Soup , as purchased (condensed) | | 1 pouches |
| reduced sodium soy sauce | 2 lb. | 11/2 cups |
| apple cider vinegar | 13 oz. | 11/2 cups |
| garlic powder | 2 oz. | 333/1000 cups |
| crushed red pepper | 1 oz. | 333/1000 cups |
| broccoli, florets, cooked, hot | 308 oz. | 52 1/2 cups |
| brown rice, cooked, hot | 45 lb. | 6 1/4 gallons |

INSTRUCTIONS

1. Heat the oil in a tilt skillet over medium-high heat. Add the beef and stir-fry until well browned.
 2. Add the condensed soup, soy sauce, vinegar, garlic powder, and red pepper to the skillet, stir, and heat to a boil.
CCP: Heat to 165 °F for 15 seconds.
CCP: Hold for hot service at or above 140 °F.
 3. **Just before service, combine the cooked beef mixture with the cooked broccoli.**
- For each serving, place 1 cup (8 oz spoodle) of rice on a plate or in a bowl. Add 1 cup (8 oz ladle) of beef and broccoli over the rice. Serve immediately.



TIP

Ingredient Note: To make slicing easier, freeze the beef for 1 hour.

Serving Suggestion: Serve with glazed baby carrots: steam carrots with a touch of butter, brown sugar and cinnamon. For dessert serve chocolate ice cream.