

**Keywords:** Broccoli, Chicken Broth, E-Mealz, Low-Fat, Main Dishes, Rice & Grains, Stir-Fry, Top Sirloin, Water Chestnuts

**Yield:** 8 servings

**Preparation Time:** 30 min

**Cooking Time:** 15 min

### Ingredients

1 lbs	Top Sirloin
1 bunch	broccoli, flowerets cut in small pieces
8 oz	Can Sliced Water Chestnuts
1 cans	Chicken Broth
3 tbsp	Corn starch
1/4 cups	orange juice
3 tbsp	Sugar
3 tbsp	Soy Sauce
1 tsp	Ginger
1/2 tsp	Garlic Powder
1/2 tsp	salt
1 cups	Rice, uncooked
1 pkg	Refrigerated Crescent Rolls

### Procedure

1. In large skillet, saute' broccoli and beef on med-high for 2 min using ff spray.
2. Cover and let simmer for 5 min.
3. Pour stir fry mixture over broccoli and chicken and stir constantly until thickened.
4. Recover if needed to cook broccoli longer
5. Serve over Rice
6. Serve with Hot Crescent Rolls