

Chinese Beef with Broccoli

Yield: 2 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-chinese-beef-with-broccoli-recipe>

Ingredients:

- 1 tablespoon cornstarch divided
- 2 tablespoons soy sauce divided
- 1 teaspoon sugar divided
- 4 tablespoons peanut oil divided
- 1/2 pound flank steak thinly sliced against the grain
- 1 1/2 teaspoons oyster sauce
- 2/3 cup low sodium chicken broth
- 1/2 teaspoon fresh ginger peeled and minced
- 1/2 head broccoli cut into florets, I used about 1 cup of baby broccoli
- 1 small onion halved and sliced 1/2 inch thick
- 1 clove garlic minced
- cooked white rice for serving

Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 55 milligrams
4. Fat: 48 grams
5. Fiber: 6 grams
6. Protein: 41 grams
7. SaturatedFat: 11 grams
8. Sodium: 1540 milligrams
9. Sugar: 7 grams

Thank you for visiting our website. Hope you enjoy Chinese Beef with Broccoli above. You can see more 19 authentic chinese beef with broccoli recipe Get ready to indulge! to get more great cooking ideas.