

# Chinese Beef & Green Beans

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-chinese-beef-and-green-beans>

## Ingredients:

- 1 beef broth third cup low sodium
- 2 tablespoons low sodium soy sauce
- 1/4 cup oyster sauce found in international aisle
- 2 teaspoons rice wine vinegar
- 1 teaspoon red pepper flakes
- 3 tablespoons canola oil
- 1 pound green beans trimmed and cut in half
- 1 pound flank steak trimmed and sliced thinly into strips
- 8 scallions sliced diagonally into 1 inch pieces
- 4 garlic cloves minced
- 1 inch ginger knob, peeled and minced

## Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 40 milligrams
4. Fat: 18 grams
5. Fiber: 5 grams
6. Protein: 30 grams
7. SaturatedFat: 4 grams
8. Sodium: 1570 milligrams
9. Sugar: 4 grams

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