

30 Minute Mongolian Beef Stir-Fry

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 1/2 pounds flank steak cut across the grain into 1/4-inch strips
- 3 tablespoons cornstarch
- 2 tablespoons vegetable oil
- 1 tablespoon vegetable oil
- 3 cloves minced garlic
- 1/4 teaspoon ginger root fresh grated, or paste
- 1/2 cup water
- 1/3 cup hoisin sauce
- 1 cup low sodium soy sauce
- 2 tablespoons brown sugar
- 2 tablespoons rice wine vinegar
- 1/2 teaspoon chili paste crushed, or chili flakes
- 1/2 cup water chestnuts sliced
- 1 cup chopped bell peppers
- 1 head broccoli cut into florets and lightly steamed
- 3 green onions cut into 1-inch pieces

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 60 milligrams
4. Fat: 23 grams
5. Fiber: 7 grams
6. Protein: 46 grams
7. SaturatedFat: 6 grams
8. Sodium: 2630 milligrams
9. Sugar: 15 grams

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