

Beef with Broccoli

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-black-pepper-beef-cubes-recipe>

Ingredients:

- 1 pound beef sirloin sliced thinly across the grain
- 2 cups broccoli chopped
- 3 tablespoons cooking oil
- 1 tablespoon garlic finely minced
- 1 teaspoon cornstarch dissolved in 1 tablespoon water
- 3 cups water for blanching
- sauce
- 2 tablespoons oyster sauce
- 1 teaspoon rice wine
- 1 tablespoon soy sauce
- 1/2 beef cube dissolved in 1/2 cup water
- 2 teaspoons soy sauce
- 2 teaspoons rice wine
- 1/2 teaspoon cornstarch
- 1/4 teaspoon ground black pepper

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 70 milligrams
4. Fat: 20 grams
5. Fiber: 2 grams
6. Protein: 40 grams
7. SaturatedFat: 5 grams
8. Sodium: 870 milligrams
9. Sugar: 4 grams

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