

Beef Stir-fry with Snow Peas and Mushrooms

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/beef-snow-peas-chinese-recipe>

Ingredients:

- 1 pound lean beef cut against the grain into thin strips
- 2 tablespoons cooking oil high heat, I recommend avocado oil as a healthy, high smoke point oil, also available at Costco
- 2 teaspoons fresh ginger minced
- 1 tablespoon garlic fresh, minced
- 1 large carrots thinly sliced at a diagonal
- 2 cups snow peas ends trimmed
- 1 cup sliced mushrooms
- 1 cup bean sprouts
- 1/4 cup soy sauce paleo: use coconut aminos
- 1/4 cup water
- 1/4 cup brown sugar packed
- 2 tablespoons hoisin sauce paleo: omit or make your own
- 2 teaspoons toasted sesame oil
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon cornstarch

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 23 grams
3. Fat: 9 grams
4. Fiber: 3 grams
5. Protein: 4 grams
6. SaturatedFat: 1 grams
7. Sodium: 1050 milligrams
8. Sugar: 15 grams

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