

Chinese Pepper Steak Stir-Fry in Black Bean Sauce

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/beef-with-black-bean-sauce-chinese-recipe>

Ingredients:

- 1 pound ribeye beef, or sirloin, thinly sliced
- 1 teaspoon dark soy sauce
- 2 teaspoons light soy sauce
- 2 teaspoons Shaoxing wine Chinese rice wine
- 1/2 teaspoon baking soda
- 2 tablespoons oil peanut oil or grape seed oil, divided
- 1 green pepper small, sliced into 1/2 inch strips
- 1 red pepper small, sliced into 1/2 inch strips
- 1 small onion sliced
- 1 tablespoon minced ginger
- 2 cloves garlic minced
- 2 tablespoons fermented black beans
- 3 tablespoons black bean sauce
- 1/2 cup chicken stock preferably low sodium
- 1 teaspoon sugar
- 2 teaspoons potato starch or cornstarch
- 1 tablespoon Shaoxing wine Chinese rice wine
- 1 teaspoon sesame oil

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 85 milligrams
4. Fat: 34 grams
5. Fiber: 2 grams
6. Protein: 29 grams
7. SaturatedFat: 10 grams

8. Sodium: 720 milligrams

9. Sugar: 7 grams

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