

Chinese Beef with Mushroom

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-chinese-beef-and-mushroom-recipe>

Ingredients:

- 1 pound beef
- 1 tablespoon cooking oil
- 8 ounces mushrooms sliced
- 1 teaspoon garlic minced
- 1 tablespoon soy sauce thick, aka soy paste
- 1 tablespoon sesame oil
- 1 tablespoon cornstarch
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1/2 teaspoon sugar

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 75 milligrams
4. Fat: 24 grams
5. Fiber: 1 grams
6. Protein: 24 grams
7. SaturatedFat: 8 grams
8. Sodium: 890 milligrams
9. Sugar: 2 grams
10. TransFat: 1 grams

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