

# Easy Broccoli Beef Stir Fry

Yield: 4 min  
Total Time: 40 min

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

## Ingredients:

- 1 pound beef cut in to 1 inch pieces
- 1/2 cup coconut amino or soy sauce, or my mom prefers soy sauce paste
- 2 tablespoons potato starch or corn starch
- 5 garlic cloves smashed
- 4 tablespoons cooking oil /fat, I use olive oil
- 8 ounces broccoli florets – you can buy those packages of already cut florets, or you can buy broccoli and cut in to florets yourself!
- sea salt as desired
- 1 pound beef cut in to 1 inch pieces
- 1/2 cup coconut amino or soy sauce
- 2 tablespoons potato starch or corn starch
- 5 garlic cloves smashed
- 4 tablespoons cooking oil /fat, I use olive oil
- 8 ounces broccoli florets you can buy those packages of already cut florets, or you can buy broccoli and cut in to florets yourself!
- sea salt as desired

## Nutrition:

1. Calories: 810 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 155 milligrams
4. Fat: 61 grams
5. Fiber: 4 grams
6. Protein: 48 grams
7. SaturatedFat: 16 grams
8. Sodium: 580 milligrams
9. Sugar: 3 grams
10. TransFat: 2.5 grams

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