

Easy Beef and Broccoli Stir Fry

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1/2 cup soy sauce low sodium
- 2 tablespoons cornstarch
- 3 cloves garlic minced
- 3 tablespoons sherry
- 3 tablespoons honey
- 1 teaspoon fresh ginger minced
- 2 tablespoons sesame oil
- 1/4 teaspoon red pepper flakes
- 1 tablespoon Sriracha sauce or to taste
- 1/2 cup beef broth or chicken broth, low sodium or no sodium
- 1 tablespoon olive oil
- 1 pound flank steak trimmed of fat and sliced thin against the grain
- 1 head broccoli cut into small florets

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 40 milligrams
4. Fat: 18 grams
5. Fiber: 5 grams
6. Protein: 31 grams
7. SaturatedFat: 5 grams
8. Sodium: 2140 milligrams
9. Sugar: 18 grams

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