

# Beef & Mushroom Stir-fry With Rice Noodles

Yield: 2 min  
Total Time: 35 min

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

## Ingredients:

- 1/4 cup low sodium soy sauce
- 1/4 cup oyster sauce
- 2 tablespoons sherry
- 2 tablespoons rice wine vinegar
- 1 tablespoon sesame oil
- 1 tablespoon cornstarch
- 1 cup water
- 2 tablespoons canola oil
- 8 ounces beef Top Sirloin, Grilling Steak or Strip Loin Steak, trimmed of fat, sliced into thin strips
- 1 red bell pepper cut into matchsticks
- 1 carrot cut into matchsticks
- 3 green onions + more for garnish, sliced
- 1 cup mushrooms sliced, any type: cremini, oyster, white
- 3 cloves garlic minced
- 1 teaspoon ginger minced
- 125 grams rice noodles
- sesame seeds to garnish, optional

## Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 75 milligrams
4. Fat: 40 grams
5. Fiber: 5 grams
6. Protein: 28 grams
7. SaturatedFat: 9 grams

8. Sodium: 2270 milligrams
  9. Sugar: 6 grams
  10. TransFat: 1 grams
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