

Chinese Beef & Broccoli Stir-Fry

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-greens-stir-fry-recipe>

Ingredients:

- 2 teaspoons cornstarch
- 3 tablespoons reduced sodium soy sauce
- 2 teaspoons rice wine
- 4 teaspoons sesame oil
- 1 pound sirloin steak trimmed of fat, thinly sliced against the grain
- 1/4 teaspoon kosher salt
- 4 cups broccoli florets
- 4 scallions
- 1 inch greens
- 1 tablespoon minced garlic
- 1/2 teaspoon fresh ginger minced
- 2 tablespoons dark brown sugar packed
- 1 tablespoon oyster sauce

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 50 milligrams
4. Fat: 9 grams
5. Fiber: 3 grams
6. Protein: 29 grams
7. SaturatedFat: 3 grams
8. Sodium: 770 milligrams
9. Sugar: 9 grams

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