

# Beef Lo Mein

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-take-out-beef-lo-mein-recipe>

## Ingredients:

- 8 ounces noodles hot cooked pasta, spaghetti, linguini, ect
- 1 pound flank steak sliced
- 1 teaspoon dark sesame oil
- 1 tablespoon peanut oil
- 1 tablespoon fresh ginger minced
- 4 garlic cloves minced
- 3 cups broccoli fresh, chopped
- 1 1/2 cups onions sliced
- 3 tablespoons low sodium soy sauce
- 2 tablespoons brown sugar
- 1 tablespoon oyster sauce
- 1 tablespoon chile paste with garlic

## Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 85 milligrams
4. Fat: 15 grams
5. Fiber: 5 grams
6. Protein: 35 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 620 milligrams
9. Sugar: 10 grams

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