

Beef and Asparagus Stir Fry

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/asparagus-vegetable-indian-recipe>

Ingredients:

- 1 pound steak striploin, cut into thin strips
- 3 tablespoons soy sauce
- 2 tablespoons cornstarch
- 1 tablespoon dry sherry
- 1 tablespoon ginger grated
- 1 teaspoon chili oil
- 2 tablespoons canola oil
- 2 cloves garlic finely minced
- 1 red pepper small, cut into thin strips
- 1 bunch asparagus trimmed and cut into 1" lengths
- 1/4 cup black bean stir fry sauce bottled

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 10 grams
3. Fat: 8 grams
4. Fiber: 2 grams
5. Protein: 3 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 700 milligrams
8. Sugar: 3 grams

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