

Beef with String Beans

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-beef-string-beans-recipe>

Ingredients:

- 1 pound flank steak sliced into thin strips
- 1/4 teaspoon baking soda optional
- 3 tablespoons water
- 1 1/2 teaspoons cornstarch
- 2 teaspoons vegetable oil
- 1 teaspoon oyster sauce
- 1/2 cup low sodium chicken stock
- 1 1/2 teaspoons sugar or brown sugar
- 1 1/2 tablespoons light soy sauce
- 1 teaspoon dark soy sauce
- 1 tablespoon oyster sauce
- 1/4 teaspoon sesame oil
- 1/8 teaspoon white pepper
- 3 tablespoons vegetable oil divided
- 1 pound string beans ends trimmed and cut in half
- 2 cloves garlic minced
- 1 tablespoon Shaoxing wine
- 1 tablespoon cornstarch mixed with 3 tablespoons/45 ml water

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 40 milligrams
4. Fat: 21 grams
5. Fiber: 4 grams
6. Protein: 27 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 730 milligrams
9. Sugar: 5 grams

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