

Beef & Green Bean Stir-Fry

Yield: 6 min
Total Time: 40 min

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

Ingredients:

- 1 1/2 pounds flank steak
- 3 tablespoons cornstarch divided
- 1 pound green beans
- 6 green onions about 1 small bunch, chopped, reserve the green ends for a flavorful garnish, optional
- 1 orange or yellow bell pepper, sliced
- 3 cloves garlic minced
- 1 teaspoon fresh ginger minced
- 1/2 cup juice pear, reserve 2 tablespoons
- 1/2 cup soy sauce
- 1/3 cup brown sugar
- 1 teaspoon sauce sriracha
- 1 teaspoon sesame oil

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 40 milligrams
4. Fat: 9 grams
5. Fiber: 5 grams
6. Protein: 28 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1270 milligrams
9. Sugar: 13 grams

Thank you for visiting our website. Hope you enjoy Beef & Green Bean Stir-Fry above. You can see more 15 chinese string bean beef recipe Taste the magic today! to get more great cooking ideas.