

Chinese Broccoli Beef

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-chinese-rice-wine-recipe>

Ingredients:

- 1/2 pound sirloin steak or flank
- 1 1/2 teaspoons soy sauce
- 1 teaspoon cornstarch
- freshly ground black pepper
- 1 pound broccoli cut into bite-size florets
- 1 tablespoon canola high-heat cooking oil, vegetable, rice
- 2 cloves garlic finely minced
- 1 teaspoon fresh ginger grated
- 3 tablespoons oyster sauce
- 2 teaspoons Chinese rice wine or dry sherry, or omit
- 2 teaspoons chinese black vinegar or young/cheap balsamic vinegar

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 25 milligrams
4. Fat: 6 grams
5. Fiber: 3 grams
6. Protein: 16 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 550 milligrams
9. Sugar: 2 grams

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