

Chinese Beef and Broccoli

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 1 pound lean beef cut into thin strips
- 1 tablespoon soy sauce
- 1 tablespoon sherry
- 2 tablespoons oil for high-heat frying
- 1 small yellow onion halved and then sliced
- 1 tablespoon minced fresh garlic
- 1 tablespoon fresh ginger minced
- 4 cups broccoli florets fresh uncooked, in bite-sized pieces
- 1 cup bean sprouts
- 1/3 cup soy sauce paleo: substitute coconut aminos
- 1/3 cup water
- 1/3 cup brown sugar paleo: substitute approved sweetener
- 1 tablespoon sherry
- 1 tablespoon oil toasted sesame seed
- 1/2 teaspoon freshly ground black pepper
- 1 1/2 tablespoons cornstarch

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 25 grams
3. Fat: 11 grams
4. Fiber: 3 grams
5. Protein: 5 grams
6. SaturatedFat: 1 grams
7. Sodium: 1500 milligrams
8. Sugar: 15 grams

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