

Chinese Pepper Steak with Onion

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 1 1/2 pounds beef strips I used thinly sliced round steaks and cut them into strips
- 1 green bell pepper cutting to thick tranches
- 1 red bell pepper cut into thick slices
- 1/2 sliced onion thick
- 1/4 teaspoon garlic powder
- 1 1/2 cups beef broth
- 1/4 teaspoon ground ginger
- 3 tablespoons soy sauce
- 1/4 teaspoon black pepper
- 2 teaspoons brown sugar
- 1 tablespoon cornstarch

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 115 milligrams
4. Fat: 26 grams
5. Fiber: 2 grams
6. Protein: 35 grams
7. SaturatedFat: 10 grams
8. Sodium: 1080 milligrams
9. Sugar: 4 grams
10. TransFat: 1.5 grams

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ideas.