

# Beef Tofu Stir Fry

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 10 ounces flank steak sliced ¼-inch thick
- 1 tablespoon water
- 1 teaspoon vegetable oil
- 1/2 teaspoon cornstarch
- 1/4 teaspoon baking soda
- 1/2 teaspoon soy sauce
- 2 tablespoons vegetable oil or canola oil
- 3 slices ginger
- 2 cloves garlic minced
- 2 scallions cut at an angle into 1-inch pieces, white and green portions separated
- 2 teaspoons Shaoxing wine
- 3/4 cup beef stock or chicken stock
- 2 tablespoons oyster sauce
- 1 teaspoon soy sauce
- 1/2 teaspoon sesame oil
- 1/4 teaspoon ground white pepper freshly
- 1/4 teaspoon sugar
- 1 block soft tofu or regular, cut into 2-inch squares, 1/2-inch thick
- 1 tablespoon cornstarch mixed with 1 tablespoon of water

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 25 milligrams
4. Fat: 18 grams
5. Protein: 24 grams
6. SaturatedFat: 4 grams
7. Sodium: 580 milligrams
8. Sugar: 2 grams

Thank you for visiting our website. Hope you enjoy Beef Tofu Stir Fry above. You can see more 20 chinese tofu beef recipe You won't believe the taste! to get more great cooking ideas.