

# Orange Beef Stir-Fry

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-chinese-recipe-that-includes-round-steak>

## Ingredients:

- 1 cup long-grain white rice
- 1/4 cup orange juice freshly squeezed, from 1 orange
- 1 tablespoon rice vinegar
- 1 tablespoon soy sauce
- 1 tablespoon light brown sugar
- 1 pound round steak top or bottom, cut into strips, 2 inches long and 1/4 inch thick
- 1 tablespoon cornstarch
- coarse salt
- Coarse salt and ground pepper
- 1 pound broccoli florets broken into small pieces, reserve stalks for another use
- 2 tablespoons vegetable oil
- 1 red bell pepper ribs and seeds removed, cut into strips, 2 inches long and 1/4 inch wide

## Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 65 milligrams
4. Fat: 21 grams
5. Fiber: 5 grams
6. Protein: 27 grams
7. SaturatedFat: 6 grams
8. Sodium: 530 milligrams
9. Sugar: 8 grams

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