

Teriyaki Beef Stir-Fry

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-teriyaki-beef-stir-fry-recipe>

Ingredients:

- 1 pound beef top round steak cut into 1/4-inch strips
- 2 tablespoons canola oil
- 5 tablespoons teriyaki sauce divided
- 1/2 teaspoon seasoned salt
- 1/4 teaspoon pepper
- 1/2 cup onion julienned
- 1 green pepper or medium sweet red, julienned
- 1 tablespoon cornstarch
- 1/2 cup cold water

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 45 milligrams
4. Fat: 16 grams
5. Fiber: 1 grams
6. Protein: 27 grams
7. SaturatedFat: 4 grams
8. Sodium: 930 milligrams
9. Sugar: 5 grams

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