

Chinese Black Pepper Beef

Yield: 2 min
Total Time: 25 min

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

Ingredients:

- 300 grams beef frying strip
- 2 teaspoons ginger grated
- 1 clove garlic crushed
- 1 tablespoon soy sauce
- 3 sticks celery chopped
- 1 small onion sliced
- 1/4 cup oyster sauce
- 3/4 cup beef stock I use low sodium
- 1 tablespoon cornstarch
- 1/2 tablespoon sweetener granulated, I use sukrin: 1
- 1 teaspoon black pepper
- cooking oil spray

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 100 milligrams
4. Fat: 23 grams
5. Protein: 31 grams
6. SaturatedFat: 9 grams
7. Sodium: 1740 milligrams
8. Sugar: 6 grams
9. TransFat: 1.5 grams

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