

# Beef Broccoli Stir Fry

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-beef-with-broccoli-stir-fry-recipe>

## Ingredients:

- beef unchecked?, Marinate
- 1/4 teaspoon soda
- 3/4 teaspoon cornstarch
- 1/4 tablespoon soy sauce
- 1/2 tablespoon oyster sauce
- 1 tablespoon oil
- 1 pound round steak or boneless skirt flap
- 2 tablespoons soy sauce
- 1/4 cup oyster sauce
- 1/2 cup chicken stock
- 1 cup water
- 2 tablespoons cornstarch
- 2 tablespoons brown sugar
- 3 garlic cloves
- 1 teaspoon minced ginger
- 1 pound broccoli
- 1/2 medium onion chopped
- 1 tablespoon dry sherry optional

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 65 milligrams
4. Fat: 17 grams
5. Fiber: 4 grams
6. Protein: 25 grams
7. SaturatedFat: 6 grams
8. Sodium: 1230 milligrams
9. Sugar: 8 grams

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