

Chinese Beef Broccoli

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 pound flank steak thinly sliced into 1/8-in thick strips
- 1 1/2 pounds broccoli cut into bite sized florets
- 1 tablespoon cooking oil high-heat
- 1 tablespoon minced garlic
- 1 1/2 teaspoons soy sauce
- 1 teaspoon cornstarch
- 1/2 teaspoon cooking oil
- beef
- ground black pepper
- 4 1/2 tablespoons oyster sauce
- 2 teaspoons chinese rice wine or dry sherry
- 3 teaspoons chinese black vinegar or Balsamic vinegar

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 40 milligrams
4. Fat: 12 grams
5. Fiber: 5 grams
6. Protein: 29 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 780 milligrams
9. Sugar: 3 grams

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