

# Teriyaki Beef and Broccoli Stir Fry

Yield: 4 min  
Total Time: 25 min

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

## Ingredients:

- 2 pounds beef "Stir Fry", Found precut at the butcher counter
- 1/2 cup soy sauce
- 1/2 cup sugar
- 2 tablespoons mirin sweet cooking rice wine
- 1 clove garlic minced
- 1 tablespoon corn starch
- 1/8 teaspoon red pepper flakes
- 1 teaspoon sesame oil
- 1 pound broccoli fresh, cut into florets
- 2 tablespoons vegetable oil

## Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 155 milligrams
4. Fat: 42 grams
5. Fiber: 4 grams
6. Protein: 49 grams
7. SaturatedFat: 14 grams
8. Sodium: 1990 milligrams
9. Sugar: 28 grams
10. TransFat: 2.5 grams

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