

**BEEF IN SOY SAUCE WITH CHERRIES** 3 portions**INGREDIENTS**

- 280 grams of beef, cured, thin-sliced beef
- 100 grams of onions, raw
- 60 grams of soy sauce, light and dark varieties
- 2 tablespoons of oil, olive [22 g]
- 220 grams of tomatoes, cherry, raw or 1 serving [8 fl oz] of beverages, water, tap, drinking [237 g]

COOKING METHOD

1° 1. Cut beef in small cubes and marinate with 2 table spoon of soy sauce and 1 table spoon of olive oil. No need for salt, soy sauce has all of it. Leave it for min 1 hour or overnight. 2. Heat the skillet, pour 1 table spoon of olive oil, add chopped onion and sauté till brown. Then add marinated beef cubes, fry them mixing constantly, then pour water. Cook till meat is ready. At the end add 2 table spoons of soy sauce and cherry tomatoes, stir for 5 minutes and off the fire.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [230 g]	% DRI
ENERGY	116 kcal	267 kcal	13 %
FAT	5 g	11 g	17 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	13 %
CHOLESTEROL	17 mg	38 mg	13 %
SODIUM	1063 mg	2447 mg	102 %
CARBOHYDRATE	6 g	13 g	4 %
SUGARS	3 g	6 g	-
FIBER	0 g	1 g	4 %
PROTEIN	12 g	28 g	-