

Chinese Spiced Beef And Potato Stew

Yield: 4 min
Total Time: 90 min

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

Ingredients:

- 1 3/4 pounds beef cut into chunks
- 2 onions sliced
- 2 tablespoons vegetable oil
- 1 ginger thumb-sized, see note 1
- 2 star anises
- 1 piece cassia cinnamon
- 1 bay leaf
- 2 cloves
- 2 chilli optional
- 1 tablespoon Shaoxing rice wine
- 2 tablespoons light soy sauce
- 1 tablespoon dark soy sauce
- 1 teaspoon salt
- 2 1/8 cups hot water
- 2 baking potatoes large, peeled and cut into chunks
- 2 carrots cut into chunks
- 1 bunch coriander chopped

Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 135 milligrams
4. Fat: 38 grams
5. Fiber: 9 grams
6. Protein: 45 grams
7. SaturatedFat: 13 grams
8. Sodium: 1480 milligrams

9. Sugar: 5 grams

10. TransFat: 2 grams

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