

# Chinese Beef Stew – Fork Tender Beef

Yield: 4 min  
Total Time: 105 min

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

## Ingredients:

- 1 1/2 pounds boneless beef short ribs cut into 2-inch cubes
- 8 cloves garlic peeled
- 1 whole onion sliced
- 1 whole carrot cut into chunks
- 4 potato cut into chunks
- 1 1/2 tablespoons doubanjiang Sichuan
- 1 1/2 tablespoons soy sauce
- 1 tablespoon dark soy sauce
- 1 cup Chinese cooking wine
- 2 cups water
- 1 tablespoon sugar
- 1 1/2 teaspoons five spice powder
- 1 bay leaf
- 1 cinnamon stick small
- 4 whole chilli

## Nutrition:

1. Calories: 930 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 130 milligrams
4. Fat: 61 grams
5. Fiber: 6 grams
6. Protein: 30 grams
7. SaturatedFat: 27 grams
8. Sodium: 680 milligrams
9. Sugar: 7 grams

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