

Chinese Egg Noodles with Beef and Hot Bean Sauce

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 1 pound lean ground beef [see Kitchen Notes]
- 2 teaspoons canola oil or peanut oil
- 1 tablespoon fresh ginger chopped
- 2 teaspoons lemongrass finely minced, [see Kitchen Notes]
- 2 cloves garlic minced fine
- 4 tablespoons bean sauce whole, [see Kitchen Notes]
- 2 tablespoons chili paste [see Kitchen Notes]
- 1 teaspoon sugar
- 3/4 cup water
- 3 scallions chopped
- 2 asian eggplants the tops cut off, sliced in 3/4-inch coins
- 1 teaspoon sesame oil
- 3/4 pound Chinese egg noodles dried, [see Kitchen Notes]

Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 71 grams
3. Cholesterol: 70 milligrams
4. Fat: 23 grams
5. Fiber: 6 grams
6. Protein: 34 grams
7. SaturatedFat: 10 grams
8. Sodium: 2070 milligrams
9. Sugar: 10 grams

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