

Chinese Hot Pot

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 2 chicken carcasses
- 10 cups water 2.4 liters
- 5 leaves napa cabbage sliced
- 1 tablespoon goji berries rinse and soak for 10 minutes, then drained
- salt
- pepper
- beef Thinly sliced, / pork / chicken
- fish / shrimps / squid / scallops
- meatballs / fish sticks / fish cakes
- dumplings / wontons
- tofu / tofu skin / mushrooms / eggs
- rice noodles / glass noodles / egg noodles
- napa cabbage / baby bok choy / choy sum / gai lan / garland chrysanthemum
- soy sauce
- garlic chili sauce
- hoisin sauce
- sesame oil

Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 335 milligrams
4. Fat: 21 grams
5. Fiber: 3 grams
6. Protein: 102 grams
7. SaturatedFat: 6 grams
8. Sodium: 1170 milligrams
9. Sugar: 3 grams

Thank you for visiting our website. Hope you enjoy Chinese Hot Pot above. You can see more 17 tofu minced beef chinese recipe Discover culinary perfection! to get more great cooking ideas.