

# Chinese Beef Ball

Yield: 4 min  
Total Time: 60 min

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

## Ingredients:

- 1 pound ground beef
- 1/2 teaspoon salt
- 1 egg
- 1/2 teaspoon ground black pepper
- 3 garlic cloves minced
- 1/2 teaspoon red pepper flakes
- 1/4 cup green onions finely chopped
- 1/2 cup cornstarch
- oil for frying
- 1 cup beef broth
- 1 tablespoon chinese rice wine
- 2 1/2 tablespoons soy sauce
- 1/2 tablespoon sugar
- 1/2 teaspoon chicken bouillon
- 1/4 cup water
- 1 tablespoon cornstarch
- 1 onion small, diced
- 1 carrot large, peeled and diced
- 1 green pepper small, seeded and diced
- 1 tablespoon oil

## Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 130 milligrams
4. Fat: 27 grams
5. Fiber: 2 grams
6. Protein: 25 grams
7. SaturatedFat: 8 grams

8. Sodium: 1210 milligrams
  9. Sugar: 5 grams
  10. TransFat: 1 grams
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