

# Easy Chinese Beef And Rice

Yield: 6 min  
Total Time: 50 min

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

## Ingredients:

- 1 1/3 cups rice
- 1/4 cup vegetable oil
- 1/2 teaspoon salt
- 3 cups water
- 2 cubes beef bouillon
- 1 tablespoon soy sauce
- 2 onions
- 4 stalks celery
- 2 green peppers
- 3 cups beef

## Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 85 milligrams
4. Fat: 28 grams
5. Fiber: 2 grams
6. Protein: 25 grams
7. SaturatedFat: 8 grams
8. Sodium: 480 milligrams
9. Sugar: 3 grams
10. TransFat: 1.5 grams

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