

# Beef Chow Fun

Yield: 4 min  
Total Time: 20 min

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

## Ingredients:

- 1/2 pound beef
- 1 pound noodle wide rice, ho fen
- 1 bunch chive Chinese, or scallion; cut into sections around 10cm long
- 1 bunch bean sprouts
- 1/4 white onion middle size, shredded
- 1 tablespoon Chinese cooking wine or water
- 1 teaspoon light soy sauce
- 1/2 teaspoon salt
- 1 tablespoon oyster sauce
- 1 teaspoon sesame oil
- 1 tablespoon starch
- 1/2 tablespoon light soy sauce
- 1 teaspoon dark soy sauce
- 1 tablespoon vegetable oil
- 1/2 teaspoon sugar

## Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 85 grams
3. Cholesterol: 135 milligrams
4. Fat: 18 grams
5. Fiber: 4 grams
6. Protein: 27 grams
7. SaturatedFat: 5 grams
8. Sodium: 740 milligrams
9. Sugar: 3 grams
10. TransFat: 0.5 grams

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