

# Chinese Five Spice Beef Stir-Fry

Yield: 4 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-five-spice-beef-jerky-recipe>

## Ingredients:

- 1/4 yellow bell pepper julienne
- 1/4 green bell pepper julienne
- 1/4 red bell pepper julienne
- 1/2 cup leeks thinly sliced fresh
- 1 cup green onions cut into 1" slices
- 1 jalapeño small, seeded and julienne
- 1 tablespoon sesame oil
- 2 cups jasmine rice
- 3 cups water
- 1 teaspoon fresh ginger finely minced
- 2 cloves minced garlic finely
- 1 tablespoon sesame oil
- 2 tablespoons sherry wine
- 1/4 cup soy sauce
- 1/2 cup beef stock
- 1/2 teaspoon sugar
- 1/4 cup corn starch mixed with 1-2 tablespoons of water
- 10 ounces beef stew meat cut into 1" thick pieces
- 1/2 teaspoon five-spice Chinese
- 1 tablespoon sesame oil
- kosher salt
- cracked pepper

## Nutrition:

1. Calories: 710 calories
2. Carbohydrate: 89 grams
3. Cholesterol: 50 milligrams
4. Fat: 28 grams
5. Fiber: 3 grams

6. Protein: 21 grams
  7. SaturatedFat: 9 grams
  8. Sodium: 1260 milligrams
  9. Sugar: 3 grams
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