

Super Saucy Chinese Beef

Yield: 2 min
Total Time: 145 min

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

Ingredients:

- 1 teaspoon oil
- 400 grams beef cubed
- 2 cloves garlic
- 3 tablespoons ginger fresh grated
- 1 onion
- 1 teaspoon Chinese 5 spice
- 1/2 teaspoon black pepper
- 1 tablespoon honey
- 2 tablespoons tamari
- 2 1/2 cups beef stock

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 135 milligrams
4. Fat: 32 grams
5. Fiber: 2 grams
6. Protein: 47 grams
7. SaturatedFat: 12 grams
8. Sodium: 1740 milligrams
9. Sugar: 14 grams
10. TransFat: 2 grams

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