

Chinese Minced Beef Soup

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 1 tablespoon soy sauce
- 2 teaspoons freshly grated ginger
- 1 pound minced beef
- 2 tablespoons coconut oil
- 2 quarts beef stock
- 3 carrots grated
- 2 cups sliced mushrooms thinly
- 4 cups bok choy thinly sliced
- 2 cups green beans cut in one inch pieces
- 3 tablespoons corn starch
- 1/2 cup water
- 2 beaten eggs
- salt
- pepper
- 1 cup chopped cilantro
- 3 tablespoons raw sugar
- 2 cloves garlic crushed
- 1/2 teaspoon sesame oil
- 4 green onions sliced
- chinese mustard spicy, for garnish if desired, optional

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 115 milligrams
4. Fat: 25 grams
5. Fiber: 5 grams
6. Protein: 37 grams
7. SaturatedFat: 13 grams

8. Sodium: 1630 milligrams
 9. Sugar: 17 grams
 10. TransFat: 1 grams
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