

Keto Ground Beef and String Beans

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-string-beans-and-ground-beef-recipe>

Ingredients:

- 1/2 pound ground beef
- 12 ounces string beans **When short on time I buy microwavable string beans that steam right in the bag!
- 4 ounces butter oil
- pepper
- salt
- red pepper flakes
- 1/2 pound ground beef
- 12 ounces green beans
- 4 ounces butter oil
- salt
- pepper
- red pepper flakes to your liking

Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 200 milligrams
4. Fat: 65 grams
5. Fiber: 9 grams
6. Protein: 27 grams
7. SaturatedFat: 36 grams
8. Sodium: 480 milligrams
9. Sugar: 6 grams
10. TransFat: 1 grams

Thank you for visiting our website. Hope you enjoy Keto Ground Beef and String Beans above. You can see more 17 chinese string beans and ground beef recipe Experience culinary bliss now! to get more great cooking ideas.