

A Rock Springs Dish With Chinese and Mexican Roots

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 2 pounds ground beef 80% lean to 20% fat recommended
- garlic powder
- onion powder
- 2 tomatoes large
- 1 yellow onion or large white
- 2 bell peppers
- 2 tablespoons sesame oil
- msg optional
- salt season to taste
- pepper
- Mezzetta Hot Chili Peppers
- 2 tablespoons tomato ketchup
- 1 tablespoon sugar or 2 sugar packets
- 1 cup cold water
- 1/2 cup water mixed with corn starch
- 1 tablespoon soy sauce Maggie's soy sauce recommended
- cooked white rice or noodles

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 155 milligrams
4. Fat: 41 grams
5. Fiber: 3 grams
6. Protein: 46 grams
7. SaturatedFat: 15 grams
8. Sodium: 860 milligrams

9. Sugar: 9 grams
 10. TransFat: 2.5 grams
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