

West Lake Beef Soup

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 1 cup minced beef
- 1 pinch salt
- 1 tablespoon cooking wine
- 1 egg white well whisked
- 1 ginger thumb, minced
- 2 shitake mushrooms chopped
- 5 cups beef broth unsalted
- 5 tablespoons cornstarch + 5 tablespoons water
- 1/3 box tofu tender, around 100g
- 1/2 teaspoon salt
- 1 pinch salt
- 1 bunch coriander minced for garnishing, optional

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 40 milligrams
4. Fat: 10 grams
5. Fiber: 3 grams
6. Protein: 17 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1540 milligrams
9. Sugar: 1 grams
10. TransFat: 0.5 grams

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