

# Take-Out Beef Fried Rice

Yield: 7 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/take-out-chinese-rib-recipe>

## Ingredients:

- 8 ounces lean ground beef
- 2 tablespoons soy sauce
- 2 tablespoons dry sherry or mirin sweet saki
- 4 cups jasmine rice cold cooked
- 3 eggs lightly beaten
- 2 cloves garlic minced
- 1 slice fresh ginger crushed
- 4 sliced green onions divided
- 1/4 cup soy sauce or to taste
- 1 teaspoon dark sesame oil
- 2 teaspoons sugar
- 3 tablespoons oil for frying egg

## Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 88 grams
3. Cholesterol: 110 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 18 grams
7. SaturatedFat: 2 grams
8. Sodium: 860 milligrams
9. Sugar: 2 grams

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