

Chinese Daikon, Carrot and Tomato Beef Stew

Yield: 4 min

Total Time: 135 min

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

Ingredients:

- 2 1/4 pounds beef flank or shin or any slow cook beef, cut into big dice
- 1 pound vine tomato chop roughly
- 4 1/4 ounces onion or 1 medium size onion, chop roughly
- 1 2/3 tablespoons ginger slice thin
- 1 13/16 cups carrot peel and slice 2cm thick
- 5 1/8 cups daikon peel, slice 2cm thick and cut into quarters
- 1 boiling water
- 7/8 cup light soy sauce
- 1 teaspoon dark soy sauce
- 4 3/4 tablespoons rice wine
- 2 star anise
- 1/4 cinnamon stick you could add tangerine peel for extra flavour

Nutrition:

1. Calories: 680 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 170 milligrams
4. Fat: 38 grams
5. Fiber: 7 grams
6. Protein: 55 grams
7. SaturatedFat: 15 grams
8. Sodium: 3360 milligrams
9. Sugar: 13 grams
10. TransFat: 2.5 grams

Thank you for visiting our website. Hope you enjoy Chinese Daikon, Carrot and Tomato Beef Stew above. You can see more 15 school of wok tomato beef chinese recipe Deliciousness awaits you! to get more great cooking ideas.