

Big Batch Chinese Beef

Yield: 12 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-recipe-for-shrimp-with-garlic-and-onions>

Ingredients:

- 3 tablespoons vegetable oil
- 4 3/8 pounds braising beef chopped into bitesize chunks
- 5 tablespoons all purpose flour plain/
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 onions large, peeled and chopped
- 6 cloves garlic peeled and minced
- 2 tablespoons fresh ginger minced
- 1 teaspoon Chinese five-spice
- 4 1/4 cups beef stock
- 1/2 cup dark soy sauce
- 2 tablespoons soft brown sugar
- 30 button mushrooms
- 1 teaspoon chilli flakes optional
- scallions Sliced spring onions

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 120 milligrams
4. Fat: 48 grams
5. Fiber: 1 grams
6. Protein: 32 grams
7. SaturatedFat: 20 grams
8. Sodium: 990 milligrams
9. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy Big Batch Chinese Beef above. You can see more 16 chinese recipe for shrimp with garlic and onions Cook up something special! to get more great

cooking ideas.