

# EZCR#37 - GUI FEI SPARE RIBS [SPARE RIBS STEW]

Yield: 4 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-spare-ribs-recipe>

## Ingredients:

- 2/3 pound spare ribs meaty, – bite size pieces
- 1 carrot white, [about 250 gm] – peeled and cut chunks
- 1 carrot [about 150 gm] – peeled and cut chunks
- 1 onion – cut wedges
- 2 star anise
- 2 pieces bay leaves
- water Enough, for braising dish
- 4 tablespoons tomato sauce
- 2 tablespoons light soy sauce each of, and cooking wine
- 1 tablespoon chilli sauce each of, and brown sugar
- broccoli florets Some, optional
- coriander leaves optional
- red chilli optional

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 60 milligrams
4. Fat: 18 grams
5. Fiber: 2 grams
6. Protein: 13 grams
7. SaturatedFat: 6 grams
8. Sodium: 660 milligrams
9. Sugar: 5 grams

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