

Beef Potstickers (Dumplings)

Yield: 50 min
Total Time: 117 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-chinese-ground-beef-and-peas-recipe>

Ingredients:

- 1 pound ground beef
- 1/2 cup green onions finely chopped
- 1 tablespoon fresh ginger grated
- 1 tablespoon rice cooking wine
- 2 tablespoons soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon white pepper
- 2 teaspoons sugar
- 1/2 tablespoon salt
- 1/4 cup carrots shredded
- 1/4 cup corn frozen
- 1/4 cup peas frozen
- 1 dumpling wrappers 50-piece package round
- 2 tablespoons vegetable oil
- 1/2 cup cold water more or less depending on size of pan
- 1 tablespoon black sesame seeds for garnish, optional
- 1 tablespoon green onions finely chopped, for garnish, optional
- 2 tablespoons black vinegar
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon green onions sliced

Nutrition:

1. Calories: 30 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 5 milligrams
4. Fat: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 0.5 grams

7. Sodium: 130 milligrams

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