

Lebanese Beef and Green Beans

Yield: 9 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-beef-and-green-beans-recipe>

Ingredients:

- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 large onion chopped small, about 1/2-inch pieces
- 4 cloves garlic minced
- 1 pound ground beef
- 1 pound green beans ends trimmed and cut into bite size pieces
- 28 ounces tomato sauce
- 1 tablespoon Worcestershire sauce
- 2 tablespoons red wine
- 1 teaspoon kosher salt adjust to taste
- 1/2 teaspoon freshly ground black pepper adjust to taste
- garlic
- potatoes

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 40 milligrams
4. Fat: 13 grams
5. Fiber: 5 grams
6. Protein: 13 grams
7. SaturatedFat: 5 grams
8. Sodium: 690 milligrams
9. Sugar: 10 grams
10. TransFat: 0.5 grams

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