

Beef Fried Rice

Yield: 8 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-beef-fried-rice-recipe>

Ingredients:

- 5 cloves garlic peeled
- 1 inch ginger root peeled
- 1 pound beef about half kg cut into 1-inch slices
- 1/4 teaspoon white pepper
- 1 teaspoon salt
- 1 tablespoon corn oil for browning beef
- 1/4 cup corn oil
- 1 cup chopped onion
- 2 cups basmati rice
- 1 teaspoon curry powder
- 4 cups water 1 liter
- 2 seasoning
- 2 beef bouillon cubes
- 1 large carrot diced
- 10 green beans diced

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 40 milligrams
4. Fat: 18 grams
5. Fiber: 1 grams
6. Protein: 15 grams
7. SaturatedFat: 4 grams
8. Sodium: 500 milligrams
9. Sugar: 2 grams
10. TransFat: 0.5 grams

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