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## Beef with Cumin ♦

Beef with Cumin is a traditional Chinese dish that is known for its aromatic flavor and tender beef. It is typically consumed as a main dish and is often served with rice or noodles. The dish originated in the Xinjiang region of China and has since become popular throughout the country.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	Beef
2 tsp	cumin
2 tbsp	soy sauce
3 cloves	garlic

1 tsp	Ginger
2 tbsp	vegetable oil
1 tsp	Salt
1 tsp	sugar
1 c	Water

## Directions

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### Step 1

#### Cutting

Slice the beef into thin strips.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 2

#### Mixing

In a bowl, mix together soy sauce, cumin, salt, and sugar.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Sautéing

Heat vegetable oil in a pan over medium heat. Add garlic and ginger and cook until fragrant.

**Prep Time:** 2 mins

**Cook Time:** 2 mins

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## Step 4

**Cooking**

Add the beef to the pan and cook until browned.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 5

**Boiling**

Pour the soy sauce mixture and water into the pan. Stir well and bring to a boil.

**Prep Time:** 1 mins

**Cook Time:** 5 mins

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## Step 6

**Simmering**

Reduce heat to low and simmer for 10 minutes.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

## Step 7

Serving

Serve hot with rice or noodles.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 240 kcal

**Fat:** 11 g

**Protein:** 28 g

**Carbohydrates:** 6 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	28 g	164.71%	164.71%
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## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	6 g	10.91%	12%
Fibers	1 g	2.63%	4%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	11 g	39.29%	44%
Cholesterol	70 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	2 mg	2.22%	2.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	700 mg	30.43%	30.43%
Calcium	2 mg	0.2%	0.2%
Iron	20 mg	250%	111.11%
Potassium	500 mg	14.71%	19.23%
Zinc	30 mg	272.73%	375%
Selenium	40 mcg	72.73%	72.73%

## Recipe Attributes

### Cuisines

Italian

Thai

Japanese

Mediterranean

Greek

Spanish

American

### Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

Sugar-Free

High Iron

### Kitchen Tools

Blender

Microwave

### Course

Appetizers

Main Dishes

Side Dishes

Salads

Sauces & Dressings

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

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