



Beef Noodle Soup (Pho Bo)

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup asian fish sauce (nuoc mam or nam pla)
- 0.5 cup regular basil leaves fresh rinsed
- 5 oz bean sprouts rinsed
- 1.5 pounds boned beef chuck rinsed fat trimmed
- 8 ounces boned beef sirloin steak fat trimmed very thinly sliced (see notes)
- 1 cinnamon sticks (3 in. long)
- 6 cups rice noodles hot cooked ()
- 2.5 quarts fat-skimmed beef broth (see notes)

- 0.5 cup cilantro leaves fresh rinsed
- 3 oz ginger fresh thinly sliced
- 0.8 cup green onions thinly sliced (including green tops)
- 9 oz limes rinsed cut into wedges
- 1 oz chilies fresh green red such as thai, serrano, or jalapeño hot very thinly sliced
- 6 servings salt
- 4 oz shallots thinly sliced
- 1 tablespoon sugar
- 3 star anise whole (or 2 teaspoons pieces)
- 0.5 cup onion yellow thinly sliced

Equipment

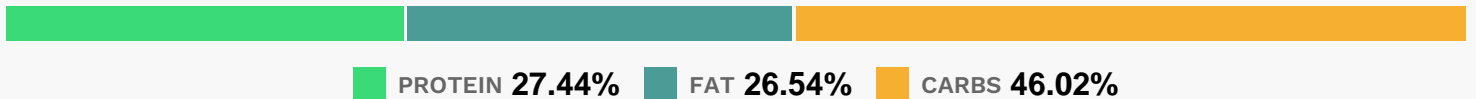
- bowl
- frying pan
- ladle
- sieve
- slotted spoon
- cheesecloth

Directions

- Wrap ginger, shallots, star anise, and cinnamon stick in two layers of cheesecloth (about 17 by 17 in.); tie with heavy cotton string. In an 8- to 10-quart pan, combine beef chuck, broth, 2 1/2 quarts water, 1/4 cup fish sauce, sugar, and spice bundle. Cover and bring to a boil over high heat; uncover, reduce heat, and simmer until beef is tender when pierced, 1 1/2 to 1 3/4 hours.
- With a slotted spoon, transfer meat to a board.
- Remove and discard spice bundle. Skim and discard fat from broth.
- Add salt and more fish sauce to taste. Return broth to a simmer.
- Meanwhile, arrange bean sprouts, chilies, basil, cilantro, and limes on a platter. When beef chuck is cool enough to handle, thinly slice across the grain.

- Immerse sliced sirloin in simmering broth (use a wire basket or strainer, if available) and cook just until brown on the outside but still pink in the center, 30 seconds to 1 minute; lift out (with basket or a slotted spoon).
- Mound hot Cooked Rice Noodles equally in deep bowls (at least 3-cup capacity). Top equally with beef chuck, sirloin, yellow onion, and green onions. Ladle broth over portions to cover generously.
- Serve Beef Noodle Soup with platter of condiments, hoisin sauce, and chili paste to add to taste.

Nutrition Facts



Properties

Glycemic Index:61.43, Glycemic Load:25.29, Inflammation Score:-7, Nutrition Score:29.37173931495%

Flavonoids

Hesperetin: 18.29mg, Hesperetin: 18.29mg, Hesperetin: 18.29mg, Hesperetin: 18.29mg Naringenin: 1.45mg, Naringenin: 1.45mg, Naringenin: 1.45mg, Naringenin: 1.45mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg

Nutrients (% of daily need)

Calories: 530.11kcal (26.51%), Fat: 15.78g (24.28%), Saturated Fat: 6.32g (39.5%), Carbohydrates: 61.58g (20.53%), Net Carbohydrates: 56.16g (20.42%), Sugar: 7.41g (8.23%), Cholesterol: 100.55mg (33.52%), Sodium: 2737.32mg (119.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.71g (73.42%), Selenium: 53.33µg (76.19%), Zinc: 10.98mg (73.18%), Vitamin B12: 4.29µg (71.44%), Vitamin B3: 10.44mg (52.21%), Vitamin B6: 0.94mg (46.78%), Vitamin K: 48.88µg (46.55%), Phosphorus: 422.73mg (42.27%), Manganese: 0.6mg (29.87%), Iron: 5.16mg (28.66%), Vitamin C: 22.51mg (27.29%), Potassium: 941.74mg (26.91%), Vitamin B2: 0.37mg (21.82%), Fiber: 5.42g (21.7%), Magnesium: 80.62mg (20.16%), Copper: 0.39mg (19.65%), Vitamin B5: 1.76mg (17.57%), Folate: 61.07µg (15.27%), Vitamin B1: 0.23mg (15.17%), Calcium: 106.64mg (10.66%), Vitamin A: 366.52IU (7.33%), Vitamin E: 0.62mg (4.11%)