



Chinese Hot Pot of Beef

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons five-spice powder
- ☐ 2.5 pounds beef short ribs
- ☐ 0.5 teaspoon peppercorns black
- ☐ 2 medium carrots cut into 2-inch pieces
- ☐ 8 ounces noodles hot chinese-style cooked uncooked
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup green onions thinly sliced
- ☐ 3 green onions

- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 2.5 cups mushrooms sliced
- ☐ 3 medium onions quartered
- ☐ 1 teaspoon salt
- ☐ 0.5 pound spicy tofu firm cubed
- ☐ 12.5 cups water divided

Equipment

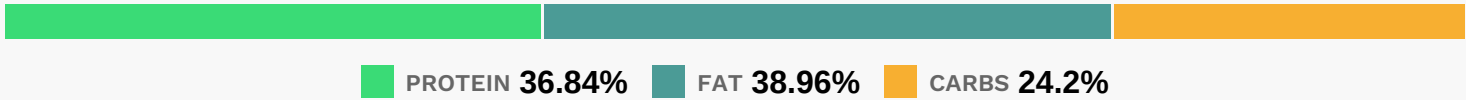
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ sieve
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 3 ingredients in a 13 x 9-inch baking pan; toss to coat.
- ☐ Bake for 30 minutes.
- ☐ Remove ribs from pan, and set aside.
- ☐ Add 1/2 cup water to pan, and stir to deglaze pan.
- ☐ Combine the pan drippings, ribs, remaining 12 cups water, peppercorns, onions, green onions, and carrots in a large Dutch oven or stockpot; bring to a boil. Reduce heat, and simmer, uncovered, 2 hours.
- ☐ Remove ribs from broth, and let cool completely.
- ☐ Remove meat from bones; discard bones, fat, and gristle.

- ☐ Place meat in a bowl; cover and chill. Strain broth through a sieve into a large bowl; discard solids. Cover broth, and chill 12 hours. Skim solidified fat from surface of broth, and discard.
- ☐ Combine broth, meat, mushrooms, tofu, 3 tablespoons soy sauce, and salt in Dutch oven; bring to a simmer. Cover and cook 10 minutes. Spoon noodles into individual soup bowls. Ladle soup into each bowl, and sprinkle with sliced green onions and cilantro.

Nutrition Facts



Properties

Glycemic Index:37.79, Glycemic Load:5.78, Inflammation Score:-9, Nutrition Score:19.353478158298%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.48mg, Quercetin: 9.48mg, Quercetin: 9.48mg, Quercetin: 9.48mg

Nutrients (% of daily need)

Calories: 288.15kcal (14.41%), Fat: 12.44g (19.14%), Saturated Fat: 4.72g (29.53%), Carbohydrates: 17.39g (5.8%), Net Carbohydrates: 14.74g (5.36%), Sugar: 3.53g (3.93%), Cholesterol: 61.05mg (20.35%), Sodium: 681.18mg (29.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.48g (52.96%), Vitamin B12: 3.52µg (58.66%), Vitamin A: 2662.87IU (53.26%), Zinc: 5.54mg (36.95%), Selenium: 25.55µg (36.5%), Phosphorus: 277.32mg (27.73%), Vitamin B6: 0.54mg (27.23%), Vitamin B3: 5.1mg (25.48%), Iron: 3.85mg (21.38%), Vitamin B2: 0.34mg (19.71%), Vitamin K: 19.96µg (19.01%), Potassium: 656.24mg (18.75%), Manganese: 0.3mg (15.1%), Copper: 0.3mg (15.08%), Magnesium: 49.57mg (12.39%), Vitamin B1: 0.17mg (11.18%), Fiber: 2.65g (10.6%), Vitamin B5: 0.95mg (9.5%), Calcium: 88.29mg (8.83%), Folate: 32.88µg (8.22%), Vitamin C: 6.36mg (7.71%), Vitamin E: 0.22mg (1.46%)