



Chinese-Style Stove-Top Pot Roast with Noodles

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon five-spice powder chinese
- ☐ 1.8 pounds baby bok choy halved lengthwise
- ☐ 2 cups julienne-cut carrot (2-inch) (2 large)
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 cup cooking sherry dry
- ☐ 12 ounces extra wide egg noodles fresh chinese uncooked
- ☐ 0.3 cup ginger fresh peeled thinly sliced

- ☐ 4 garlic cloves crushed
- ☐ 0.3 cup green onions thinly sliced
- ☐ 0.3 teaspoon kosher salt
- ☐ 5 cups less-sodium beef broth fat-free
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 4 teaspoons vegetable oil; peanut oil preferred divided
- ☐ 2.5 pound sirloin tip roast trimmed
- ☐ 2 cups shiitake mushroom caps sliced
- ☐ 3 star anise

Equipment

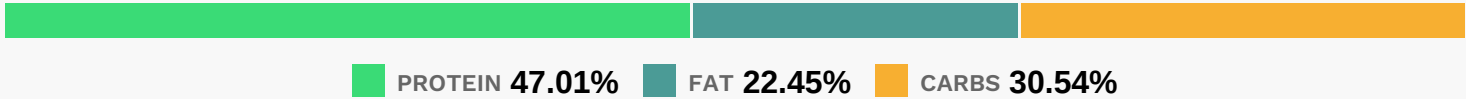
- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ dutch oven

Directions

- ☐ Heat 2 teaspoons oil in a large Dutch oven over medium-high heat.
- ☐ Sprinkle roast evenly with five-spice powder and salt.
- ☐ Add meat to pan; cook 5 minutes, turning to brown on all sides.
- ☐ Add broth and next 6 ingredients (through star anise) to pan; bring to a simmer. Cover, reduced heat, and simmer 3 1/2 hours or until meat is tender.
- ☐ Remove meat from pan. Cover and keep warm.
- ☐ Strain cooking liquid through a sieve over a bowl; discard solids.
- ☐ Heat the remaining 2 teaspoons oil in pan over medium-high heat.
- ☐ Add mushrooms and carrot to pan; saut 5 minutes.
- ☐ Add bok choy and 4 cups reserved cooking liquid to pan. Cover and cook 5 minutes or until bok choy is tender.
- ☐ Cook noodles according to package directions, omitting salt and fat.

- ☐ Drain. Divide noodles evenly among 8 bowls. Shred the meat with 2 forks; arrange 3 ounces meat over each serving. Top each serving with 2 tablespoons vegetable mixture and 1/2 cup broth.
- ☐ Place 1 bok choy half on each serving; sprinkle each serving with 1 1/2 teaspoons green onions.

Nutrition Facts



Properties

Glycemic Index:22.6, Glycemic Load:2.12, Inflammation Score:-10, Nutrition Score:28.941304569659%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 341.99kcal (17.1%), Fat: 8.15g (12.55%), Saturated Fat: 2.42g (15.1%), Carbohydrates: 24.95g (8.32%), Net Carbohydrates: 20.43g (7.43%), Sugar: 4.6g (5.11%), Cholesterol: 77.96mg (25.99%), Sodium: 812.89mg (35.34%), Alcohol: 1.54g (100%), Alcohol %: 0.35% (100%), Protein: 38.42g (76.83%), Vitamin A: 9813.9IU (196.28%), Selenium: 44.43µg (63.47%), Vitamin B3: 11.69mg (58.43%), Vitamin C: 47.93mg (58.09%), Vitamin B6: 1.15mg (57.46%), Zinc: 6.67mg (44.45%), Phosphorus: 383.4mg (38.34%), Potassium: 1124.55mg (32.13%), Vitamin B12: 1.77µg (29.53%), Iron: 4.96mg (27.57%), Vitamin B2: 0.36mg (21.11%), Vitamin B5: 1.88mg (18.76%), Fiber: 4.52g (18.06%), Calcium: 163.68mg (16.37%), Manganese: 0.3mg (14.77%), Magnesium: 57.25mg (14.31%), Copper: 0.26mg (12.91%), Vitamin K: 12.42µg (11.83%), Vitamin B1: 0.17mg (11.07%), Folate: 35.7µg (8.93%), Vitamin E: 0.98mg (6.55%), Vitamin D: 0.23µg (1.51%)