



WHATSheATE



HEALTH SCORE

100%

Sichuan Beef Soup



Dairy Free



Very Healthy

READY IN



690 min.

SERVINGS



4

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 baby bok choy cut in half lengthwise
- ☐ 2 pounds beef shanks bone-in 2-inch-thick ()
- ☐ 1.5 teaspoons black bean garlic sauce (such as Lee Kum Kee)
- ☐ 1 tablespoon brown sugar
- ☐ 2 teaspoons canola oil
- ☐ 1 tablespoon chile garlic sauce
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons ginger fresh minced peeled

- ☐ 2 garlic cloves chopped
- ☐ 1 cup green onions divided sliced
- ☐ 2 tablespoons lower-sodium soy sauce
- ☐ 1 teaspoon sichuan peppercorns
- ☐ 2 plum tomatoes chopped
- ☐ 3 star anise
- ☐ 3 quarts water
- ☐ 6 cups water
- ☐ 1 cup onion white chopped
- ☐ 0.5 pound wheat noodles fresh chinese-style

Equipment

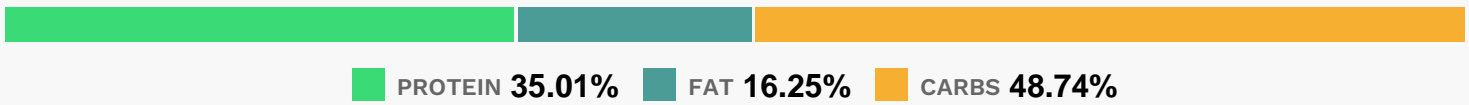
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ladle
- ☐ dutch oven
- ☐ cheesecloth

Directions

- ☐ Bring 3 quarts water to a boil in a large Dutch oven.
- ☐ Add beef shanks; boil until surface of meat is no longer red (about 6 minutes).
- ☐ Drain shanks; cool slightly.
- ☐ Remove meat from bones; reserve bones.
- ☐ Cut meat into cubes.
- ☐ Rinse pan; wipe clean with paper towels.
- ☐ Heat pan over high heat.
- ☐ Add oil; swirl to coat.

- ☐ Add white onion, ginger, and garlic; stir-fry 4 minutes or until browned. Stir in 6 cups water, chile garlic sauce, and black bean sauce.
- ☐ Place peppercorns and star anise on a double layer of cheesecloth. Gather edges of cheesecloth together; tie securely.
- ☐ Add cheesecloth bag, 1/2 cup green onions, sugar, and soy sauce to pan. Return meat and bones to pan. Bring to a simmer. Partially cover, and simmer gently for 2 hours or until meat is tender. Uncover and simmer 1 hour or until reduced to about 5 cups. Cool to room temperature; cover and chill overnight.
- ☐ Skim fat from soup; discard fat. Discard bones and cheesecloth bag. Bring soup to a simmer.
- ☐ Add tomatoes and bok choy; cook 5 minutes or until bok choy is tender.
- ☐ Cook noodles according to package directions.
- ☐ Place about 1/2 cup noodles in each of 4 bowls. Ladle 1 cup soup into each bowl, dividing bok choy evenly.
- ☐ Sprinkle each serving with 2 tablespoons green onions and 1 tablespoon cilantro.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:1.84, Inflammation Score:-10, Nutrition Score:39.601739012677%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 11.52mg, Quercetin: 11.52mg, Quercetin: 11.52mg, Quercetin: 11.52mg

Nutrients (% of daily need)

Calories: 457.92kcal (22.9%), Fat: 8.43g (12.98%), Saturated Fat: 2.29g (14.28%), Carbohydrates: 56.93g (18.98%), Net Carbohydrates: 53.86g (19.59%), Sugar: 7.6g (8.45%), Cholesterol: 53.07mg (17.69%), Sodium: 686.26mg (29.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.89g (81.79%), Manganese: 2.1mg (105.16%), Selenium: 66.22µg (94.6%), Vitamin B12: 4.53µg (75.52%), Zinc: 11.26mg (75.03%), Vitamin A: 3098.49IU (61.97%), Vitamin K: 59.3µg (56.48%), Vitamin B3: 11.24mg (56.2%), Phosphorus: 473.73mg (47.37%), Vitamin C: 38.28mg (46.4%), Vitamin B6: 0.9mg (44.89%), Iron: 6.76mg (37.56%), Magnesium: 133.2mg (33.3%), Vitamin B1: 0.47mg

(31.15%), Copper: 0.61mg (30.74%), Potassium: 922.35mg (26.35%), Vitamin B2: 0.44mg (26.12%), Calcium: 192.44mg (19.24%), Folate: 76.04µg (19.01%), Fiber: 3.07g (12.27%), Vitamin B5: 1.2mg (11.97%), Vitamin E: 0.7mg (4.67%)