

Pho – Vietnamese Beef Noodle Soup

From Seattle & King County Public Health

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Soups/Pho.aspx>

Ingredients

- 4 quarts low-sodium beef broth
- 2 large onions, thinly sliced
- 6 slices of fresh ginger
- 1 cinnamon stick
- 1 star anise
- 1 teaspoon whole black peppercorns
- 2 cloves garlic, peeled and smashed
- 1 pound sirloin tip, thinly sliced
- 2 8-oz. packages dried rice noodles

Optional Garnishes (not counted in nutrition facts)

- 1 cup loosely packed fresh basil leaves
- 1 cup loosely packed fresh mint sprigs
- 1 cup loosely packed cilantro sprigs
- 3 fresh jalapeño peppers, thinly sliced
- 2-3 lime wedges
- Hoisin sauce
- Hot pepper sauce
- Vietnamese fish sauce ("nuoc mam" or "nam pla" -- use sparingly, can be high in sodium)

Instructions

1. In a large stockpot, add broth, onions, ginger, cinnamon, star anise, peppercorns and garlic. Bring to a boil then reduce heat to low and cover. Simmer for 1 hour, stirring occasionally.
2. Arrange garnish ingredients into separate plates and bowls at the table.
3. Soak rice noodles in hot water (do not boil) for 15 minutes or until softened then drain (do not rinse with cold water.) Place equal amounts of noodles in soup bowls and cover with raw beef slices.
4. Ladle hot broth over noodles and beef (the beef slices should cook or brown in the hot broth.)
5. Add garnish ingredients to your preference.



Makes 6-8 servings

Nutrition information per serving

Calories: 367	Dietary Fiber: 2g
Total Fat: 6g	Sodium: 384mg
Saturated Fat: 2g	Protein: 24g
Cholesterol: 35mg	Carbohydrates: 51g