

Crock Pot Pho (Vietnamese Beef Noodle Soup)

Yield: 6 min
Total Time: 505 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-pho-crock-pot-recipe>

Ingredients:

- 3 pounds beef bones knuckle, leg, or marrow
- 1 onion halved
- 2 inches ginger root piece of, peeled halved
- 3 cloves
- 2 star anise
- 1 cinnamon stick
- 1 cardamom pod optional
- 1 1/2 teaspoons coriander
- 1 1/2 teaspoons fennel
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 1 tablespoon fish sauce can substitute soy sauce
- 3 quarts water
- 8 ounces rice noodles
- 3/4 pound beef steak flank, sirloin, London broil
- 4 scallions chopped
- 1 1/2 cups bean sprouts
- 1 lime cut into wedges
- 2 red chilies sliced
- 1 handful fresh mint basil, or cilantro, chopped

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 16 grams
3. Fiber: 2 grams
4. Protein: 1 grams
5. Sodium: 460 milligrams

6. Sugar: 2 grams

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