

Vietnamese Pho Soup

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/high-protein-chicken-salad-recipes>

Ingredients:

- 8 cups beef broth
- 4 cups water
- 1 yellow onion medium, quartered
- 4 cloves garlic roughly minced
- 3 whole star anise optional if you don't like the flavor
- 3 whole cloves talking about the spice, "cloves"
- 1 ginger 3-inch knob of, sliced into coins
- 1 cinnamon stick
- 2 tablespoons fish sauce optional
- salt
- black pepper
- 1 package rice noodles look for the word "pho" on the package
- 12 ounces steak very thinly sliced against the grain, I used flank steak
- bean sprouts optional
- fresh cilantro optional
- fresh ginger optional
- lime wedges optional
- green onions optional
- jalapenos optional
- thai basil optional

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 16 grams
3. Fat: 1 grams
4. Fiber: 4 grams
5. Protein: 7 grams
6. Sodium: 2480 milligrams
7. Sugar: 3 grams

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