

Chinese Beef Noodle Soup

Yield: 4 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/soup-recipe-using-chinese-cabbage-and-chicken>

Ingredients:

- 2 1/4 pounds beef shank or sirloin
- 8 7/16 cups stock beef bone, or pork stock
- 2 tablespoons vegetable oil
- 1 tomato middle size
- 1/2 red onion
- 2 onions leek
- 2 garlic cloves sliced
- 2 tablespoons doubanjiang
- 2 tablespoons light soy sauce
- 1 pinch salt to taste
- green onion and coriander , for garnishing, optional
- coriander whole, for decorating
- noodles for 3-4 servings
- 2 bay leaves
- 2 star anises
- 1 teaspoon Sichuan peppercorn
- 1 chinese cinnamon small bark
- 1/2 teaspoon clove
- 1 nutmeg small
- 1 cardamom Chinese

Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 125 milligrams
4. Fat: 23 grams
5. Fiber: 4 grams
6. Protein: 74 grams
7. SaturatedFat: 3 grams

8. Sodium: 1420 milligrams
 9. Sugar: 14 grams
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