

Charles Phan's Lemongrass Beef Stew

Yield: 6 min
Total Time: 165 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-beef-stew-daikon-radish-recipe>

Ingredients:

- 3 pounds boneless beef short ribs cut into 1 1/2-inch cubes
- 4 tablespoons canola oil
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 cups diced yellow onion
- 2 teaspoons minced garlic
- 1/4 cup minced lemongrass finely
- 3 tablespoons tomato paste
- 2 fresh ginger by 1-inch piece, peeled and smashed
- 2 whole star anise pods
- 2 Thai chiles stemmed, plus 1 teaspoon minced, for garnish, optional
- 6 cups beef stock
- 3 carrots peeled and cut into 2-inch lengths
- 8 ounces daikon radish peeled and cut into 1-inch lengths
- 2 tablespoons fish sauce
- 1/4 cup fresh Thai basil finely sliced, for garnish, optional

Nutrition:

1. Calories: 1050 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 170 milligrams
4. Fat: 91 grams
5. Fiber: 3 grams
6. Protein: 39 grams
7. SaturatedFat: 37 grams
8. Sodium: 1550 milligrams
9. Sugar: 8 grams

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