

Chinese Braised Beef Noodle Soup

Yield: 2 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-braised-beef-soup-recipe>

Ingredients:

- 2 beef shanks boneless, about 1 1/2 or 2 pounds each, it's just as easy to make two – uses the same amount of sauce and freezes well
- 1/2 cup Kikkoman Soy Sauce
- 1/2 cup wine traditionally rice wine, such as shao xing; but my mom uses sake and says any wine will do
- 2 cups water
- 2 whole green onions ends trimmed
- 4 slices ginger
- 10 Sichuan peppercorns
- 1 anise seed optional
- chinese noodles preferably fresh refrigerated wheat noodles, but you can also used dried wheat or rice noodles
- chicken broth my mom likes Swanson, one can for every two servings
- water
- salt
- pepper
- soy sauce
- greens eg spinach, napa cabbage, bok choy
- scallions Slivered, or chives

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 20 grams
3. Fat: 4.5 grams
4. Fiber: 4 grams
5. Protein: 14 grams
6. Sodium: 4650 milligrams

7. Sugar: 3 grams

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