

Taiwanese Beef Noodle Soup

Yield: 4 min
Total Time: 105 min

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

Ingredients:

- 2 pounds beef shanks with bone still in, or beef short ribs
- 3 garlic cloves smashed
- 1 inch fresh ginger knob, peeled and sliced
- 1 bunch green onion cut in 2 inch length
- 1 plum tomato quartered
- 1 teaspoon Chinese five spice powder
- 3 tablespoons brown sugar
- 3 whole star anise pods
- 2 Thai chilies split lengthwise, optional
- 1 tablespoon chili bean sauce
- Shaoxing cooking wine 1/4 cup Chinese
- 1/2 cup soy sauce
- salt to taste
- 3 cups beef stock
- 6 cups water or enough to cover beef
- 1 white radish small, -, optional cut into chunks
- Chinese egg noodles or wheat noodles
- green onion some

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 90 milligrams
4. Fat: 9 grams
5. Fiber: 2 grams
6. Protein: 57 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 2520 milligrams
9. Sugar: 10 grams

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