

Spicy Chinese Beef Noodle Soup

Yield: 8 min
Total Time: 130 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-pickled-daikon-and-carrot-recipe>

Ingredients:

- 2 pounds beef shank boneless, or chuck cut into 1 1/2" chunks
- 4 slices fresh ginger
- 1/4 cup wine Shaoshing
- 2 tablespoons oil
- 4 slices fresh ginger
- 6 cloves garlic smashed
- 1 onion cut up, optional
- 4 teaspoons dried red chilies torn or substitute 1-2 teaspoons red pepper flakes
- 4 scallions cut into 2" lengths
- 1 tomatoes quartered
- 1 tablespoon tomato paste
- 3 tablespoons bean paste spicy Szechuan
- 1/4 cup Shaoshing rice cooking wine spicy
- 1/4 cup dark soy sauce
- 1 cup daikon radishes peeled, cut into chunks
- 4 teaspoons carrots peeled, cut into chunks
- 1/2 teaspoon five spice powder
- 1 tablespoon dark brown sugar
- 4 cups beef broth 3" long, optional
- 2 tablespoons Szechwan peppercorns optional
- 4 star anise optional
- 1 cinnamon stick 3" long, optional
- 1 tablespoon fennel seeds
- 1 tablespoon cumin seeds
- 3 bay leaves
- 24 ounces chinese noodles fresh
- 8 cups baby bok choy trimmed, cut up, cooked in water until tender
- pickled mustard greens spicy, or mustard stem chopped fine
- 4 scallions minced
- 1/2 cup cilantro minced
- sesame oil
- white pepper

Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 65 grams
3. Cholesterol: 45 milligrams
4. Fat: 38 grams
5. Fiber: 7 grams
6. Protein: 37 grams
7. SaturatedFat: 5 grams
8. Sodium: 1460 milligrams
9. Sugar: 6 grams

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