

Chinese Beef Noodle Soup (Instant Pot or Stovetop)

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-brisket-recipe-instant-pot>

Ingredients:

- 2 pounds beef chuck roast cut into 1½ inch cubes
- 8 cups water
- 2 tablespoons fish sauce Red Boat
- 3 tablespoons coconut aminos divided
- Diamond Crystal Kosher Salt
- 4 dried shiitake mushrooms
- 2 inches fresh ginger piece, peeled and cut into thin coins
- 3 garlic cloves smashed
- 4 scallions divided
- 1 pound baby bok choy cut lengthwise in half or quarters
- 1/2 teaspoon toasted sesame oil
- 1 1/2 pounds zucchini spiralized

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 150 milligrams
4. Fat: 41 grams
5. Fiber: 3 grams
6. Protein: 48 grams
7. SaturatedFat: 16 grams
8. Sodium: 1150 milligrams
9. Sugar: 7 grams

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