

Bakso (Indonesian Beef Balls)

Yield: 6 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/indonesian-bakso-soup-recipe>

Ingredients:

- 1 pound ground beef
- 1 pound ground pork or chicken
- 4 tablespoons tapioca starch
- 1 tablespoon fish sauce
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon baking soda
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 inch ginger piece, or galangal, grated, 1/4 tsp ground ginger okay
- 1/4 cup water
- 1 cup beef broth
- 1 inch ginger piece, or galangal, left whole
- 1 cinnamon stick
- 2 black cardamom pods
- 4 whole cloves
- 1/2 tablespoon fish sauce
- 1/2 tablespoon lime juice
- 1/2 teaspoon white pepper
- salt to taste, about 2 teaspoons
- 1 pound chinese cabbage choy sum or kai lan, washed and cut into 2" lengths
- 2 carrots julienned
- chopped cilantro to garnish, optional

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 105 milligrams
4. Fat: 27 grams

5. Fiber: 2 grams
6. Protein: 30 grams
7. SaturatedFat: 11 grams
8. Sodium: 1260 milligrams
9. Sugar: 2 grams
10. TransFat: 1 grams

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