

Pho

Yield: 8 min

Total Time: 360 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-curry-beef-stew-recipe>

Ingredients:

- 2 pieces ginger 3 -inch, cut in half lengthwise, no need to peel
- 2 onions peeled
- 5 pounds beef marrow or knuckle bones
- 2 pounds beef chuck cut into 2 pieces
- 2 scallions cut into 4-inch lengths
- 5/16 cup fish sauce
- 2 1/2 ounces rock sugar 2 1/2 tablespoons granulated sugar
- 8 star anise
- 6 clove
- 1 cinnamon stick
- 1 cardamom pods black, optional
- 2 teaspoons fennel seeds
- 2 teaspoons coriander seeds
- 1 tablespoon salt
- 1 pound noodles dried pho
- 5/16 pound beef sirloin, slightly frozen, then sliced paper-thin against the grain
- slice chilies
- onion Thinly sliced
- scallion Chopped
- cilantro
- mung bean sprouts
- thai basil
- lime wedges

Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 135 milligrams
4. Fat: 29 grams

5. Fiber: 5 grams
6. Protein: 36 grams
7. SaturatedFat: 11 grams
8. Sodium: 1880 milligrams
9. Sugar: 8 grams

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