

Bo Kho/Vietnamese Beef Stew

Yield: 4 min

Total Time: 180 min

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

Ingredients:

- 1 pound beef cubed
- 2 tablespoons flour
- salt
- freshly ground pepper
- oil for the pan
- 1 inch ginger piece, sliced
- 1 shallot minced
- 4 cloves garlic minced
- 4 stalks lemongrass cut into 4 inch lengths, bruised
- 1 onion cut into 1 inch pieces
- 2 carrots peeled and cut into 1-2 inch pieces
- 4 small potatoes peeled and quartered
- 1/4 cup tomato paste
- 4 cups beef stock
- 3 whole star anise
- 1/2 teaspoon fennel seeds
- 3 whole cloves
- 1 bay leaf
- 1 stick cinnamon
- 1 tablespoon sugar or to taste
- 2 tablespoons fish sauce or to taste
- sliced green onion
- jalapeños sliced
- Thai basil
- cilantro
- lime wedges
- baguettes lightly toasted

Nutrition:

1. Calories: 680 calories
2. Carbohydrate: 84 grams
3. Cholesterol: 75 milligrams
4. Fat: 23 grams
5. Fiber: 11 grams
6. Protein: 37 grams
7. SaturatedFat: 7 grams
8. Sodium: 1700 milligrams
9. Sugar: 14 grams
10. TransFat: 1 grams

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