

Pho (Vietnamese Noodle Soup)

Yield: 2 min
Total Time: 75 min

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

Ingredients:

- 1 white onion large, peeled and halved
- 3 inches fresh ginger piece of, halved lengthwise
- 5 star anise
- 4 whole cloves
- 3 cinnamon sticks 3-inch
- 2 cardamom pods
- 1 tablespoon whole coriander seeds
- 8 cups beef stock good-quality, or chicken or vegetable stock
- 1 tablespoon brown sugar
- 2 teaspoons fish sauce
- fine sea salt to taste
- 8 ounces steak very thinly sliced, or chicken, pork, or shrimp — see notes below
- 7 ounces rice noodles uncooked thin
- fresh herbs optional
- bean sprouts optional
- lime wedges optional
- chiles optional
- onions optional

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 65 grams
3. Cholesterol: 10 milligrams
4. Fat: 5 grams
5. Fiber: 9 grams
6. Protein: 27 grams
7. SaturatedFat: 1 grams
8. Sodium: 2940 milligrams
9. Sugar: 19 grams

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