



Beef Pho Noodle Soup

A warm and comforting Vietnamese noodle soup with added tofu, bok choy, and kale to provide extra calcium and fiber.

<u>U.S.</u>		<u>Metric</u>
For Soup:		
1/2 pound	Beef Brisket, trimmed and cut into medium chunks	226.8 g
2 quarts	Vegetable Stock	0.95 L
1 tsp	Oil blend	5.0 ml
3 cloves	Garlic	3 cloves
3/4 tsp	Kosher Salt	4.5
1 tbsp	Fish Sauce	15 ml
2 each	Star Anise	2 each
1 each	Cinnamon stick, toasted	1 each
2.5 each	Whole cloves	2.5 each
1 oz	Lump Yellow Sugar	24.8 g
For Bowls:		
1 pound	Brown Rice Noodles	453.59 g
1 each	Limes, cut into wedges	1 each
3 bunches	Green onions, chopped small	3 bunches
2 oz	Bean Sprouts	56.7 g
16 oz	Firm Tofu, cut into medium 1/2 inch (1.27 cm) cubes	453.59 g
2 cups	Kale, cut into small, bite size pieces	200 g
1 each	Bok Choy, cut into small bite sized pieces	1 each

Preparation:

1. Gather all ingredients and equipment.
2. In a large soup pot, add 1 teaspoon oil and sear beef brisket until color develops on all sides, about 3 minutes per side. Add to vegetable stock well as the whole garlic cloves and spices.
3. While the soup broth simmers, for about an hour, or as long as possible, prepare ingredients for the bowls.
4. Take noodles and soak in hot tap water for fifteen minutes, then cook in boiling water for about 30 seconds, or until no longer stiff. Set aside.
5. Prepare ingredients for the bowls. Bring broth back to a boil for last few minutes.
6. To serve, place noodles, kale, bok choy and tofu into the bowl. Place a piece of brisket and some of the hot broth into each bowl. Garnish with cilantro, lime, bean sprouts and green onion.

****Nutrition Facts on Reverse**

Nutrition Facts	
Serving size	1/2 cup
Servings	6
Calories	210
Calories from Fat	80
Total Fat	9 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	2.5 g
Cholesterol	0 mg
Sodium	230 mg
Carbohydrates	29 g
Dietary Fiber	5 g
Sugars	17 g
Protein	11 g
Vitamin A	50 %
Calcium	25 %
Vitamin C	120 %
Iron	10 %
Phosphorus	161 mg
