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#### **Beef Noodle Pho**



#### Makes:

5 Qt. of Seasoned Broth, 4 individual Servings

#### Utensil:

Complete Gourmet Collection - 8.5 Qt. Roaster Rate ជាជាជាជាជា Recipe:

## **Contributed By:**

Cathy Vogt Certified Health Coach & Natural Foods Chef Write a Review

## **Recipe Description:**

Pho is a popular Vietnamese soup. Pho refers to the white rice noodles in the soup. Use fresh, Bahn pho noodles if you can find them, or substitute for cooked dried noodles. The distinctive flavors come from a slow-simmered bone broth infused with spices, onions, ginger and fish sauce. Start with a homemade or good quality, store-bought bone broth for this recipe to cut down on cooking time. There are vegetarian versions of Pho, but traditionally Pho has beef or chicken included.

Seasoned Broth 4 medium onions, peeled and cut into large chunks 2 4" pieces ginger, fresh, peeled and cut in 1/2 lengthwise 4 each cinnamon sticks, whole 6 star anise, whole  $\frac{1}{3}$  cup fish sauce  $\frac{1}{3}$  cup tamari or soy sauce 5 qt beef broth 1 tbsp coriander seeds, whole 1 tsp natural salt

## For 4 Servings

8

oz London broil, sirloin, round eye or flank steak, sliced very thinly on diagonal

8

oz

dried or fresh rice noodles, cooked according to package directions

each	scallior	ns, thinly	2			
	sliced		cups	mung be	ean	1
				sprouts		1
cup d	cilantro,	Thai basil or	fresh	each	lime, cut	into 8

mint wedges

each chili pepper or jalapeno pepper, fresh, thinly sliced

chili garlic sauce or sriracha **Directions:** sauce

1. Preheat roaster over medium heat until a sprinkle of water skitters and dissipates.

- 2. Add onions and ginger and place cover on roaster, slightly ajar. Cook for 10-12 minutes, stirring every few minutes until they are charred on all sides. Note: There will be blackened pieces on the bottom of the roaster, but they will easily come off once the liquid is added.
- 3. Add cinnamon sticks, star anise and coriander, stir and cook for 2-3 minutes until spices are lightly toasted and give off a pleasant aroma.
- Add beef broth, fish sauce and tamari to roaster, stir. Cover and when Vapo-Valve<sup>™</sup> begins to click steadily, turn heat to low and cook for 1-½ hours.
- 5. When broth has finished cooking strain out spices, onions and ginger. Put strained broth back in roaster and keep it hot until ready to use.
- 6. Purchase beef thinly sliced or shaved from your butcher or place beef in freezer for 20-30 minutes until slightly frozen. Carefully slice beef very thin on diagonal. Store beef on clean plate in refrigerator until ready to serve.

# To Assemble

- 1. Arrange pho toppings on a serving dish; bean sprouts, cilantro, Thai basil or fresh mint, lime wedges and sliced peppers for guests to add as desired.
- 2. Divide cooked noodles into 4 bowls, top with ¼ of raw thinly sliced beef, arranged in a single layer over the top of the noodles. Pour simmering hot beef broth over the top. Garnish with chopped scallions.
- 3. Serve with additional chili garlic sauce or sriracha

# Tips

## Tips:

• Seasoned Pho Beef broth can be made in advance and frozen in storage containers until ready to use.

## Nutritional Information per

Serving
Nutritional Facts per Serving
Calories: 412
Total Fat: 8g
Saturated Fat: 3g
Cholesterol: 46mg
Sodium: 1816mg
Total 62g
Carbs:
Dietary Fiber: 2g
Sugar: 6g
Protein: 24g