Pho Vietnamese Beef Noodle Soup

45 MIN	6 SERVINGS	590 CAL	34 G PROTEIN



Total Time: 45 min

Ingredients:

- [ ] 1 beef Flank Steak (about 1-1/2 pounds)
- [ ] 1/4 cup seasoned rice vinegar, divided
- [ ] 2 tablespoons honey
- [ ] 4 cups water
- [ ] 4 cups unsalted beef broth
- [ ] 1 onion, thinly sliced
- [ ] 3 tablespoons fish sauce
- [ ] 3 cloves garlic
- [ ] 2-inch piece fresh ginger, peeled, thinly sliced
- [ ] 1 star anise
- [ ] 4 cups rice stick noodles
- [ ] 2 cups fresh bean sprouts
- [ ] 1/2 cup loosely packed fresh basil leaves
- [ ] 1/3 cup chopped fresh cilantro leaves
- [ ] 1/3 cup thinly sliced green onions

Garnish:

- [ ] 1 tablespoon Asian hot chili sauce, Sriracha sauce, hoisin sauce (optional)
- [ ] 1 lime, cut into 6 wedges

Cooking:

1. Combine 2 tablespoons rice vinegar and honey in small bowl. Place beef Flank Steak and vinegar mixture in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.

2. Combine water, broth, onion, fish sauce, remaining 2 tablespoons vinegar, garlic, ginger and star anise in stockpot; bring to a boil. Reduce heat; simmer 30 minutes. Meanwhile, remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 11 to

16 minutes (over medium heat on preheated gas grill, covered, 16 to 21 minutes) for medium rare (145°F) to medium doneness (160°F), turning once. Remove steak; keep warm.

3 Strain broth mixture and discard solids; return broth mixture to stockpot. Keep warm over low heat. Prepare noodles according to package directions using soaking or stir-fry method. Add noodles and any beef juices from steak to broth.

Cook's Tip: Hot cooked soba or udon noodles may be substituted for rice stick noodles.

4 Divide soup among 6 large bowls; serve with sprouts, basil, cilantro and onions, as desired. Carve steak across the grain into thin slices and add to soup. Serve soup with chili sauce, Sriracha , hoisin and lime, if desired.

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