WHAT'S COOKING IN THE MARKET?
Beef Noodle Soup

Servings: 4

Ingredients

1 tablespoon vegetable oil
2 large onions, not peeled, quartered through root end
3" piece fresh ginger, peeled and quartered lengthwise
6 cup beef stock
3 cinnamon sticks (each about 2.5 " long)
4 star anise pods
1/2 lb beef eye round, frozen until just firm, then sliced very thinly against the grain
16 oz rice noodles, cooked
2 teaspoon fish sauce
1 cup bean sprouts
1 red jalapeño, thinly sliced
1/3 cup fresh basil leaves
1/3 cup fresh mint leaves

Directions

1. In a large, heavy pot heat the oil over medium-high. Add the onions and ginger, cut side down, and cook until browned, turning once halfway through, about 7 minutes. Add the stock, cinnamon sticks, star anise and 3 cups water; bring to a boil. Reduce the heat to medium and simmer until the onion is tender, about 15 minutes.

2. Strain the stock; discard the solids. Return the stock to the pot and bring to a boil. Stir in the beef and cook over medium until just cooked through, about 2 minutes. Remove from heat and stir in the noodles and fish sauce.

3. Divide the soup among bowls and garnish with the bean sprouts, jalapeño, basil and mint leaves.

Source: Rachel Ray Magazine, May 2015.

NUTRITION INFORMATION PER SERVING

Key Nutrients	Amount	% Daily Value
Total Calories	260	
Total Fat	6g	9%
Saturated Fat	1g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	480mg	20%
Carbohydrates	44g	15%
Dietary Fiber	6g	24%
Sugars	5g	
Protein	11g	

MYPLATE FOOD GROUPS

- [x] Grains
- [ ] Fruits
- [ ] Vegetables
- [x] Protein
- [ ] Dairy

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