

# Beef Noodle Soup

## Ingredients

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|------------------------------------|---------------------------------|
| 2 lb Beef Shanks (cut into chunks) | 1 T Vegetable Oil               |
| 8 clv Garlic (smashed)             | 1 Ginger (3" piece, chopped)    |
| 4 Green Onions                     | 1 Onion (chopped)               |
| 2 Carrots (cut into 1-inch pieces) | 2 Tomatoes (chopped)            |
| 1/2 t Fennel Seeds                 | 1/2 t Black Peppercorns         |
| 1 Cinnamon Stick                   | 4 Dried Chilis (broken in half) |
| 4 Star Anise                       | 4 Cloves (ground 1/4 teaspoon)  |
| 1 T Chili Bean Paste               | 2 T Sweet Bean Paste            |
| 2 T Beef Bouillon Paste            | 1/2 c Soy Sauce                 |
| 1/4 c Rice Wine                    | 1/4 c Rock Sugar                |
| 1/2 lb You Choy                    | 1/2 lb Taiwanese Noodles        |
| 4 oz Pickled Mustard Greens        | (chopped)                       |
| 1/4 c Cilantro Leaves (chopped)    |                                 |

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## Instructions

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1. In a medium pot, fill halfway with water and bring to a boil. Add beef shank and boil for 7 minutes. Drain and rinse beef, then set aside.
2. In your Instant Pot hit the saute button and make sure it's on high then add oil. Once oil is heated add garlic, ginger, 3 green onions cut into 1-inch pieces, onion, dried chilies, and cinnamon stick and saute until fragrant about 3 minutes.
3. Add beef, chili bean paste, sweet bean paste, and beef bouillon and brown for 3 minutes. Add soy sauce and cook for 2 minutes. Add tomatoes, rice wine, carrots, and rock sugar then hit cancel on Instant Pot. Add 7 cups of water.
4. In a stock bag add fennel, peppercorns, star anise, and cloves. Then add to the Instant Pot. Give everything a good mix. Hit meat/stew button and set for 40 minutes.
5. When done, let the pressure naturally release for about 1 hour. Skim the oil off the surface of broth and discard. Discard cinnamon stick, spice packet, chili and ginger pieces. Taste for seasoning and adjust as needed.
6. In a medium pot boil your choy for a few minutes until softened. Add noodles and prepare according to package instructions.

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7.To serve, add noodles to each of the bowls then top with you choy. Pick out pieces of beef and add to each bowl. Ladle broth on top of noodles. Top with pickled mustard greens, 1 whole green onion chopped and cilantro.