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## Beef Noodle Soup Bowl ♦

A delicious and hearty beef noodle soup bowl that is perfect for a comforting meal. The beef is tender and flavorful, and the noodles add a satisfying texture. This soup is a classic favorite and is enjoyed by people of all ages.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 120 mins

**Total Time:** 140 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 4

**Serving Size:** 250 g

### Ingredients

500 g	Beef
250 g	noodles
100 g	onion
10 g	garlic
10 g	Ginger

100 g	Carrots
100 g	celery
1000 ml	beef broth
50 ml	soy sauce
20 ml	fish sauce
50 g	Green Onions
20 g	Cilantro
30 g	Lime
100 g	bean sprouts
20 g	Thai basil
10 g	Chili Peppers

## Directions

### Step 1

#### Cutting

Slice the beef into thin strips.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

### Step 2

#### Grinding

Mince the garlic and ginger.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Cutting

Chop the onion, carrots, and celery.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 4

Sautéing

In a large pot, heat some oil and sauté the garlic, ginger, and onion until fragrant.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 5

Cooking

Add the beef and cook until browned.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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## Step 6

Boiling

Add the carrots, celery, beef broth, soy sauce, and fish sauce to the pot.

**Prep Time:** 5 mins

**Cook Time:** 60 mins

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## Step 7

Simmering

Simmer for 1 hour to allow the flavors to meld together.

**Prep Time:** 0 mins

**Cook Time:** 60 mins

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## Step 8

Boiling

Cook the noodles according to package instructions.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 9

Divide the cooked noodles into serving bowls.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 10

Ladle the soup over the noodles and top with sliced green onions, cilantro, lime juice, bean sprouts, Thai basil, and chili peppers.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 15 g

**Protein:** 20 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	20 g	117.65%	117.65%
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## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	15 g	53.57%	60%
Cholesterol	50 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	25 iu	2.78%	3.57%
Vitamin C	10 mg	11.11%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	20 mg	0.59%	0.77%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Easy

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