



Cinnamon Beef Noodle Soup

Asian, Beef, Crock Pot, Soup

Prep Time: 30 min **Cook Time:** 6 hours **Servings:** 4 servings

INGREDIENTS

6 cinnamon sticks

2 tsp anise seed

1/2 cup soy sauce

1/2 cup rice wine

8 scallions, cut into 1-1/2-inch pieces

1 bunch cilantro

3 tbsp fresh ginger, grated

8 cups water

2-1/2 lb. boneless beef chuck, trimmed and cut into 3/4-inch cubes

1/2 lb soup bones

8 oz dried Udon noodles

8 oz Bok Choi or Spinach

Bean sprouts

Cilantro

Chili-Garlic Sauce



DIRECTIONS

Heat the oil in a heavy soup pot or Dutch oven over medium heat. When very hot, add the cinnamon, scallions, garlic, ginger, anise seeds, and chile paste; cook, stirring, for 1-min. Add the water, broth, soy sauce, and vinegar; bring to a boil over high heat. Add the meat and bring to a vigorous simmer. Transfer to a crock pot, add the bunch of cilantro, and cook on high for 6 hours.

Shortly before the soup is done, bring a large pot of water to a boil. Cook the noodles according to the package directions until just tender. Drain and rinse under cold water.

When the meat is tender strain the liquid and add to a stock pot. Add the Bok Choy or spinach to the soup and simmer until the stalks are crisp tender and the greens are very tender, 5 to 10 min. Shred the meat and add back to the stock.

Serve the broth, noodles, meat and condiments immediately.