

Vietnamese Style Beef Stew

- This recipe is a healthy, quick and simple version of a traditional Vietnamese stew.
- If serving with rice, try making half of rice served with stew brown rice to increase whole grain intake.
- Great way to use “Meals Ready to Eat” or canned beef.
- End with fresh orange slices for dessert!
- This recipe includes vegetables and grains food groups, adding healthy fiber to the diet.

Nutrition Facts

6 servings per container
Serving size 1 cup

Amount per serving
Calories 360

	% Daily Value*
Total Fat 21g	27%
Saturated Fat 10g	50%
<i>Trans</i> Fat 0g	
Cholesterol 85mg	28%
Sodium 460mg	20%
Total Carbohydrate 18g	7%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 5mg	30%
Potassium 644mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vietnamese Beef Stew

Servings: 6 Prep Time: 30 minutes



Ingredients:

- 1 can (24 oz.) beef, fat removed
- 1/2 teaspoon salt
- 1 teaspoon black pepper
- 3 large garlic cloves, minced or 1 teaspoon garlic powder
- 5-6 carrots, chopped
- 2-3 Tablespoons Chinese Five Spice (or 1 cinnamon stick, 2 star anise, 2 cloves)
- 1 onion, medium diced
- 1 teaspoon of ginger, chopped
- 1 medium potato, chopped

Directions:

1. In a large pot over medium heat, add well-drained beef. **Cook** for 2-3 minutes. **Drain** off excess fat, but leave a small amount to sauté vegetables.
2. **Add** onions and **sauté** for 5 minutes, stirring frequently.
3. **Add** garlic, ginger, and Five Spice (or cinnamon stick, star anise and cloves, if using) **Cook** until fragrant for about 1 minute.
4. **Add** carrots, water (or broth), salt and pepper. Bring to a simmer. **Cook** until carrots are tender.
5. **Remove** the cinnamon stick and star anise before serving. Serve over rice, rice noodles or with bread. **Garnish** with cilantro and green onion.

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Adapted from:

<https://www.imnotthenanny.com/2015/10/vietnamese-beef-stew-bo-kho-recipe.html>