

Sichuan Beef Noodle Soup

PREP TIME:

10 minutes

COOKING TIME:

LOW: 6 - 7 hours
or
HIGH: 3 - 3 1/2 hours

SERVES:

4 - 6

INGREDIENTS:

2 tsp toasted sesame oil
2 tsp / 4 cloves garlic, chopped
1 1/2 lb flank steak, sliced 1/4 inch pieces
1/4 cup soy sauce
2 tbsp rice vinegar
4 cups beef broth plus 1 1/4 cups water
1 Sichuan blend
4 oz / 1 sheet thin rice noodles or egg noodles
2 cups Napa cabbage, shredded
scallions
chili sauce

PREPARE:

combine the sesame oil, garlic, flank steak, soy sauce, rice vinegar, beef broth & water in the slow cooker

tuck spice bag into the steak mixture and leave to steep

cover and cook on LOW: 6-7 hours or HIGH: 3 1/2 hours

at the end of the cook time, discard the spice bag

add the noodles & cabbage to the slow cooker

stir and replace the lid for 8 minutes until the noodles are cooked

top with sliced scallions and chili sauce

pair with a Vienna style lager, a ginger Kombucha or green tea

