

## **Beef Shank Noodle Soup**

This is going to be on repeat now. The Beef Shanks are fall apart tender. The broth is so deep and rich. Its perfect for those rainy days, winter days, or just any day for that matter. The slow cook really helps build the broth. Don't skip on it!

### **Ingredients**

4 Beef Shanks – Washed clean to remove any bone fragments  
Salt and Pepper  
6 cups Beef Broth  
4 Star Anise  
½ Cinnamon Stick  
3 Bay Leaves  
2 Field Tomatoes – Diced  
6 Cloves Garlic  
1 Onion – Rough Chop  
4 Green Onions – Rough Chop  
2” piece of Fresh Ginger – Chopped  
2 tbsp Sugar  
½ cup Soy Sauce  
¼ cup Mirin

### **Finish the Bowl with**

Noodles  
Baby Bok Choy  
Bean Sprouts  
Green Onions  
Red Chilis  
Whatever you want!

### **Let's Begin**

1. Start by bringing your smoker to temp at 250f, or if not then your oven at 250f. Once this is running at temp, Salt your Beef and get it into the heat for 2 hours. If cooking in the oven, place shanks in a roasting tin and cook uncovered for 2 hours. Once the time is up, remove from the cooking process and bring to your cook top.
2. In a large soup pot, add all of your ingredients into it. Place your beef in the pot as well, trying to lay them flat to hold some of the shape while it cooks. Place your lid on and bring to a simmer. Allow this to cook off for roughly 3 hours. It will be ready when the beef is fork tender.
3. Remove the beef and bones, then strain the rest of the ingredients out of the broth. Careful, it will be hot. Place the cleaned soup back in on the cook top and get ready to assemble your bowl!
4. Start by placing your cooked noodles in the bowl, followed by a generous amount of the beef. Add in whatever else you like. Top the bowl off with the hot stock, and garnish it!

**Enjoy!**