



Pho is a traditional Vietnamese soup made up of broth, rice noodles, herbs and meat (you won't miss it though in this recipe). Pho is a popular street food in Vietnam and served in restaurants around the world.

Notes: You can add low protein spaghetti, rice noodles, glass noodles, sweet potato noodles, rice cakes bok choy, cilantro, bean sprouts, jalapeños, shredded carrot, siracha, spinach, watercress, onion, green onion, lime, mint, tomatoes – and much more! Just make sure to adjust the protein for these items!

Nutritional Information

- Serving size: 6 oz.
- Protein per serving: 1 g
- Calories per serving: 108

Pho Broth

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Makes 4 servings

Ingredients:

- 1 TBSP Butter, regular or unsalted
- 60 g Mushrooms, white or brown (Crimini), sliced
- 85 g Half of one onion, skin removed
- 1 TBSP Oil, Canola
- 1/2 c. Vegetable Broth
- 1/2 c. Coconut Aminos
- 2 tsp Minced Ginger Root
- 1 tsp Minced Lemongrass
- 1 g One Cinnamon Stick
- 1/8 tsp Cloves, ground
- 1/2 tsp Cardamom, ground

Directions

1. In a medium sauce pan over medium heat, melt the butter. Saute the sliced mushrooms just until browned. Remove from pan and set aside.
2. In the same pan add the canola oil and heat over medium heat. Add the onion, cut side down, and cook until caramelized. Flip and caramelize the other side.
3. Add the vegetable broth, coconut aminos, sauteed mushrooms, minced ginger, and minced lemongrass to the sauce pan with the onion. Bring to a simmer over medium heat. Cover with a lid and continue to simmer for at least 30 minutes.
4. Remove lid and add the cinnamon stick, cloves, and cardamom. Cover and simmer another 15 to 30 minutes. Remove the cinnamon stick and serve with your choice of noodles and vegetables for your own Pho.