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Japanese-Style Beef and Noodle Soup

For broth:

- 4 Oz shiitake mushroom stems, rinsed (remove caps and set aside)
- 1 Tbsp garlic, minced (about 2–3 cloves)
- 1 Tbsp ginger, minced
- 1 Stalk lemongrass, crushed (or the zest from 1 lemon)
- 1 Tbsp ground coriander
- 4 Cup low-sodium beef broth
- 1 Tbsp lite soy sauce

For meat and vegetables:

- 1 Bag (12 oz) frozen vegetable stir-fry
- 4 Oz shiitake mushrooms caps, rinsed and quartered
- 8 Oz udon or soba noodles (or substitute angel hair pasta), cooked
- 1 Lb lean beef top sirloin, sliced very thin
- 4 Oz firm silken tofu, diced
- 1/4 Cup scallions (green onions), rinsed and sliced thin

- 1) Thaw frozen vegetables in the microwave (or place entire bag in a bowl of hot water for about 10 minutes). Set aside until step 4.
- 2) Combine all ingredients for broth, except soy sauce, in a medium-sized pot or saucepan. Bring to a boil over high heat, then lower heat and simmer for 15 minutes.
- 3) Strain the broth through a fine wire colander, and discard the solid parts. Season to taste with soy sauce.
- 4) To finish the soup, bring the broth back to a boil. Add the thawed vegetable stir-fry mix and mushroom caps, and simmer for 1 minute.
- 5) Add the noodles and continue to simmer for another minute.
- 6) Add the beef and continue to simmer for about 5 minutes or until the beef is slightly pink to brown (to a minimum internal temperature of 145 °F).
- 7) Add tofu and scallions, and simmer 1–2 minutes until heated through.
- 8) Serve immediately in 1-cup portions.

Makes 4 Servings

