

# Easy Low-Carb Vietnamese Pho

Hands-on 10 minutes Overall 30 minutes

**Nutritional values (per serving):** Total carbs: 8.6 g, Fiber: 2.1 g, **Net carbs: 6.5 g,**

Protein: 32.3 g, Fat: 15.6 g, Calories: 294 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 4 servings)

8 cups beef broth (1.9 L/ 2 quarts) - *you can [make your own](#)*

1 medium white onion, quartered (110 g/ 4.2 oz)

1 piece ginger root, 4-inch, peeled (36 g/ 1.3 oz)

2 cloves garlic, crushed

1 tbsp [fish sauce](#)

1 tbsp [coconut aminos](#)

1 pound eye of round (beef), thinly sliced (450 g)

2 packages [Shirataki noodles](#), (400 g/ 14.1 oz)

## Optional Toppings:

sliced green onion

sliced jalapeno

bean sprouts

mixed herbs (basil, mint, cilantro)

hot sauce ([Sriracha](#)) - *you can [make your own](#)*

lime

## Instructions

1. Place the beef in the freezer for 20 minutes to make it easier to slice.
2. Under a broiler or over a gas flame char the onion and ginger for 5-7 minutes until they just start to blacken. Add them to a large soup pot with the crushed garlic, fish sauce, and coconut aminos.
3. Pour in the broth.
4. Set the pot over medium high heat and bring to a boil. Reduce to a simmer and cook 30 minutes. Raise the heat to high to bring to a boil before adding the broth to the bowls.
5. Prepare your toppings and noodles. Follow [this guide](#) for preparing the noodles.
6. Once the broth has cooked 30 minutes and you have brought it

back up to a boil carefully ladle it into the bowls on top of the noodles and beef. The beef should start to turn brown immediately.

7. Top the soup with your desired toppings.

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