

# Vietnamese Malabar Spinach & Ground Beef Soup (Canh Mong Toi Nau Thit Bo Bam)

Serves 5-7

## INGREDIENTS

### Beef

- 10 oz ground beef
- 1/2 teaspoon sea salt
- 1/2 teaspoon granulated sugar
- 1 teaspoon chicken or mushroom bouillon powder
- 1/4 teaspoon ground black pepper
- 1 teaspoon fish sauce

### Soup

- 1 tablespoon vegetable oil
- 3 cloves garlic (mince)
- 1-3/4 quarts water
- 1 teaspoon sea salt
- 1 teaspoon fish sauce
- 1 teaspoon chicken or mushroom bouillon powder
- 1 teaspoon granulated sugar
- 1-1/2 lbs malabar spinach (remove woody stems if any and cut into bite-size pieces)
- 1/4 teaspoon ground black pepper

## INSTRUCTIONS

1. Marinate ground beef with salt, sugar, chicken/mushroom bouillon powder, black pepper and fish sauce for 10 minutes.
2. In a medium-size stock pot, heat vegetable oil on medium high. Add garlic and saute until fragrant (about 10 seconds).
3. Add ground beef and stir to mix with garlic. Cook for one minute.
4. Add water and bring the pot to a boil. Reduce heat to low simmer. Skim off any impurities that float to the top. Continue to cook for 5 minutes.
5. Season stock with salt, fish sauce, chicken/mushroom bouillon powder and sugar. Add malabar spinach and cook until tender (5 minutes).
6. Sprinkle the top of soup with black pepper and serve with steamed rice and a protein side dish (see below) for a complete and traditional Vietnamese meal.