KOREAN · LUNCH · DINNER

Sogogi Muguk (Korean Beef and Radish Soup)

소고기무국

60 min · Serves 4 · 328 kcal a serve · Video 6:18 in Korean · 김대석 셰프TV

No dairy listed · No nuts listed

A clear beef and radish soup with about 29 g protein and 8 g net carbs a bowl and no added sugar; rich in zinc, selenium and vitamin B12. It is salty (about 1,700 mg sodium a bowl), so go easy on the final salt.

Diet notes: Low carb (7.8 g net carbs) but not keto: 50% of the energy is from fat, and keto meals get about 60% or more; Paleo with a swap: arrowroot or tapioca flour instead of the plain flour, coconut aminos instead of the guk-ganjang.

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Ingredients 12 · SERVES 4

- [ ] 500 g **beef brisket** (yangji), cut into bite-size pieces
- [ ] 1 tbsp **plain flour**, to draw the blood out of the beef (rinsed off)
- [ ] 600 g **Korean radish** (mu), cut into thin 4–5 mm squares
- [ ] 2 tbsp **guk-ganjang** (Korean soup soy sauce), for salting the radish
- [ ] 1.5 litres **water**, then 1 litre more (some boils away)
- [ ] 20 g **dried kombu** (dasima), lifted out at the end
- [ ] 1 tbsp minced **garlic**
- [ ] 1 tbsp **kkanari-aekjeot** (sand lance fish sauce)
- [ ] 120 g **oyster mushrooms** (neutari), torn
- [ ] ½ tbsp **salt**, or to taste
- [ ] 1 stalk **daepa** (Korean large green onion), halved lengthways and finely sliced
- [ ] 2 pinches of **ground black pepper**

Allergens found in the listed ingredients: Gluten, Fish, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cut the radish into thirds, then into thin 4–5 mm squares (nabak-sseolgi). 0:35
2. Toss the radish with 2 tbsp soup soy sauce and leave it for about 20 minutes so it seasons and doesn't break up. Halve the daepa lengthways and slice it finely. 1:06
3. Sprinkle the beef with 1 tbsp flour, add a bowl of water and squeeze it for about 5 minutes to draw out the blood. Rinse it in cold water three times and drain well. 1:42
4. Bring 1.5 litres of water to the boil and add the beef straight in (don't fry it first, which clouds the broth). Skim off all the foam, lower to medium, cover and simmer 15 minutes. 2:59
5. Skim a little fat off the top. Add the radish with its soy sauce, 1 litre more water, the kombu, minced garlic and fish sauce. Cover and simmer another 15 minutes; don't try to adjust the salt yet. 3:56
6. Lift out the kombu and add the oyster mushrooms, stirring them through. 4:55
7. Taste and season with about ½ tbsp salt, then add the sliced daepa and two pinches of pepper, stir once and serve. 5:25

> **Tip** Serves 4. A Korean everyday and holiday soup, usually eaten with rice and kimchi; the soup alone is light and low in carbs. Season gently if you are watching salt.

The method is a summary in our words, in English — the video (in Korean) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
328 kcal	29 g	12 g	4 g	18 g	1,670 mg
1,370 kJ	59% of a day	7.8 g net · 5.3 g sugars	14% of a day	7 g saturated	73% of a day
		4% of a day		23% of a day	

Energy from net carbs 10% · protein 38% · fat 52% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 99% · Zinc 67% · Vitamin K 45% · Selenium 44% · Vitamin C 43% · Vitamin B6 31% · Iron 20%

Source of (10–19%) Potassium 18% · Folate 18% · Magnesium 17%

⚠ One serve has about 73% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: 김대석 셰프TV (@ChefKDS) on YouTube — youtube.com/watch?v=U2k9O0I0048, published 8 February 2026. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/sogogi-muguk-beef-radish-soup