



Bok Choy Soup

Prep time: 20 min

Cook time: 10 min

Serves: 4

INGREDIENTS

- 6 cups vegetable broth
- 16-20 bok choy leaves (about 2 cups)
- 1 block (15-16 ounces) tofu
- 4 teaspoons reduced-sodium soy sauce
- 4 teaspoons toasted sesame oil
- 1 teaspoon black pepper
- 2 teaspoons minced garlic (4 small cloves)

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. Wash the bok choy leaves. Cut or tear the leaves into small pieces.
2. Chop the tofu into bite-sized cubes.
3. In a medium saucepan, bring the vegetable broth to a boil over high heat.
4. Stir in the soy sauce, sesame oil, black pepper, and garlic.
5. Add the bok choy and tofu. Reduce heat to low and simmer until the leaves turn dark green and are wilted and tender, about 10 minutes. Enjoy!

Bok choy is a type of Chinese cabbage. It has soft dark green leaves that look like spinach and crispy white stems that taste slightly peppery.