

Bok Choy Soup

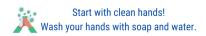
Prep time: 20 min Cook time: 10 min

Serves: 4

INGREDIENTS

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

DIRECTIONS



- 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.





