



VITAMIN

Vital health information in a minute

SPICY TOFU HOT POT

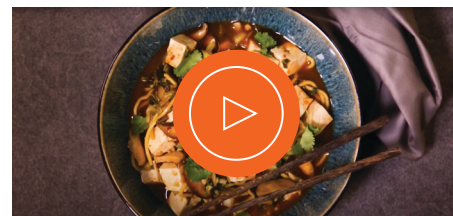
Warm up with this delicious soup. It is definitely a family recipe!

Ingredients:

- › 8 ounces lo mein noodles
- › 4 ounces vegetable broth, low sodium
- › 4 ounces shiitake mushrooms, sliced
- › 4 cups baby bok choy, thinly sliced, drained
- › 2 cups firm tofu, medium dice
- › ½ cup cilantro, chopped
- › ½ cup green onion, chopped
- › ¼ cup soy sauce
- › 2 tablespoons ginger, minced
- › 1 tablespoon garlic, minced
- › 2 tablespoons brown sugar
- › 2 teaspoons sambal (chile garlic sauce)
- › 2 teaspoons sesame oil
- › 1 teaspoon corn starch slurry (blended with equal parts cold water)

Directions:

In an 8-quart sauce pot over medium-high heat, add sesame oil and sauté ginger, garlic and mushrooms. Add broth, soy sauce, brown sugar and sambal. Thicken with slurry. Bring to a boil. Reduce to a simmer, and add bok choy, green onion, tofu, noodles and cilantro. Cook for 2-3 minutes until noodles are tender.



Click here to watch a video of this recipe being made.

Together, all the way.®



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