

Vegetarian Hot Pot

From – eatingwell.com

5 ¼ cups vegetable broth
4 ¼” thick slices fresh ginger, peeled
2 cloves garlic, crushed and peeled
2 Tbsp canola oil
1 ¾ cups shitake mushrooms, stemmed, wiped clean and sliced
¼ tsp crushed red pepper, or to taste
1 bok choy, cut into ½” pieces, stems and greens separated
3 ½ oz Chinese wheat noodles or rice sticks
1 14-oz pkg firm tofu, drained, patted dry and cut into ½” cubes
1 cup grated carrots
4 to 6 tsp rice vinegar
2 tsp reduced-sodium soy sauce
1 tsp toasted sesame oil
¼ cup chopped scallions, for garnish

- Combine broth, ginger and garlic in a Dutch oven. Bring to a simmer. Simmer, partially covered, over medium-low heat for 15 minutes.
- Discard the ginger and garlic.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add mushrooms and crushed red pepper. Cook, stirring often, until tender, 3 to 5 minutes.
- Add bok choy stems. Cook, stirring often, until tender, 3 to 4 minutes.
- Add the mushroom mixture to the broth.
- Add noodles, reduce heat to medium-low and simmer for 3 minutes.
- Add bok choy greens and tofu. Simmer until heated through, about 2 minutes.
- Stir in carrots, vinegar to taste, soy sauce and sesame oil.
- Serve garnished with scallions.



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