



Ginger Tofu Soup

6 to 7 dried shitake mushrooms
6 cups boiling water
2 - 2 inch pieces of ginger - peeled and smashed
1 chili pepper - seeded, membrane removed and minced
2 large garlic cloves – minced
1/4 cup cilantro stems – chopped
4 scallions - white, light green and dark green chopped
1 celery stalk – minced
2 large carrots – grated
1 cup chopped spinach
1 cup chopped cilantro
1 cup finely diced tofu
1 TBS Peanut oil
1 TBS Soy Sauce
1 tsp. Sesame oil

Place the mushrooms in a bowl and cover with boiling water. Soak for 15 minutes.

While the mushrooms are soaking, heat a pot with about 2 teaspoons of peanut oil. Add the ginger and cook for about 30 seconds. Add the chili pepper and garlic. Stir and cook for 2 minutes. Add the scallions and cook for an additional 3 minutes.

Add the celery and carrots. Mix well and cook for 3 to 5 minutes. Strain the mushroom liquid into the pot - making sure to squeeze the mushrooms. Season with salt and 1 TBS soy sauce. Bring to a simmer. Cook for about 10 minutes.

Chop the mushrooms and add to the soup. Simmer for an extra 10 minutes. Add the spinach and cilantro. Stir. Add the tofu and cook for another 3 to 5 minutes.

Ladle into bowls and serve with a splash of sesame oil and soy sauce. Enjoy!

CALORIES 159.78; FAT 7.15 grs (sat 1.25; mono 2.73; poly 2.64); PROTEIN 9.11 grs; FIBER 8.15 grs; CARBS 15.97 grs; CHOLESTEROL 0.00 mg; IRON 2.31 mg; SODIUM 310.99 mg; CALCIUM 162.94 mg

