

# Tofu Wonton Soup with Spring Veggies



PREP TIME

30 mins

COOK TIME

20 mins



COURSE

Dinner, Lunch



SERVINGS

4 servings

CALORIES

250 kcal

## INGREDIENTS

- 2 shiitake mushrooms dried
- 6 c vegetable broth
- ¼ tsp ginger finely chopped
- 3 slices ginger sliced thin, divided
- 4 tbsp green onion finely chopped, divided
- 4 oz tofu finely chopped
- 1 tsp sesame oil
- ¼ tsp garlic minced
- ⅛ tsp black pepper finely ground
- 1 pinch salt
- 20 wonton wrappers
- 8 oz asparagus tough ends snapped off, stalks cut into bite-size pieces
- ½ c green peas fresh shelled or frozen
- 1 c baby spinach loosely packed, stems removed
- 1½ tbsp low-sodium soy sauce

## INSTRUCTIONS

1. Place the mushrooms in a glass measuring cup and add 2 cups very hot water. Soak for 30 minutes.
2. Pour the soaking liquid into a large pot, stopping when you get to any sediment at the bottom of the bowl.
3. Add the broth, slices of ginger and 3 tablespoons of the green onions. Bring to a simmer over medium-high heat. Cover and remove from heat.
4. Discard stems from soaked mushrooms and finely chop the caps. In a medium bowl, combine mushrooms, minced ginger, tofu, remaining green onion, sesame oil, garlic, pepper, and salt. Stir to combine.
5. Place about 1 teaspoon of the tofu mixture in the center of a wonton square. Moisten the edges with your fingertips, fold the wrapper to make a triangle, and squeeze the edges together to seal. Place on a baking sheet and repeat with the remaining filling and wrappers to make 20 dumplings.
6. Remove the ginger slices from the broth. Add the asparagus and peas and bring to a simmer over medium-high heat. Add the wontons, reduce heat to low, and poach at a simmer, stirring gently once, until the filling is cooked through about 4 minutes. Add the spinach and soy sauce to the pot and stir once. Serve immediately.

## NUTRITION

### Nutrition Facts

Tofu Wonton Soup with Spring Veggies

#### Amount Per Serving

**Calories** 250      Calories from Fat 36

#### % Daily Value\*

**Fat** 4g      **6%**

**Carbohydrates** 35g      **12%**

**Protein** 20g      **40%**

\* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

soup, tofu

**Tried this recipe?**

Let us know how it was!