

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!