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Vegetarian Hot Pot

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Ingredients

5 1/4 cup(s) broth, vegetable
4 slice(s) ginger, fresh
2 clove(s) garlic
2 teaspoon oil, canola
1 3/4 cup(s) mushrooms, shiitake
1/4 teaspoon pepper, red, crushed
1 small bok choy
3 1/2 ounce(s) pasta, noodles, wheat, Chinese
14 ounce(s) tofu, firm
1 cup(s) carrot(s)
6 teaspoon vinegar, rice
2 teaspoon soy sauce, less sodium
1 teaspoon oil, toasted sesame
1/4 cup(s) scallion(s) (green onions)

Preparation

1. 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.

2. Meanwhile, 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.

3. 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



Quick Info:

5 Servings



Quick Meal



Contains Nuts



Contains Wheat/Gluten



Vegetarian

Nutritional Info (Per serving):

Calories: 230, Saturated Fat: 1g, Sodium: 707mg, Dietary Fiber: 5g, Total Fat: 7g, Carbs: 26g, Cholesterol: 0mg, Protein: 11g

Carb Choices: 1.5

Recipe Source:

EatingWell.com

minutes. Stir in carrots, vinegar to taste, soy sauce and sesame oil. Serve garnished with scallions.



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