4/25/13 Healthy Recipe





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

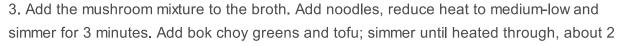
2 teaspoon soy sauce, less sodium

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.



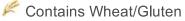


Quick Info:

5 Servings









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

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



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