

Bok Choy Soup

An easy and delicious Asian themed soup

Ingredients:

- 1. 3 baby Bok Choy - chopped, soaked, and rinsed**
- 2. 6 or seven mushrooms**
- 3. 2 Tbs Bragg Liquid Amino**
- 4. 1 pinch white pepper**
- 5. 1/2 package medium or firm tofu, cubed**
- 6. **optional whole wheat spaghetti or brown rice ramen**

Directions:

- 1. Add all ingredients (except tofu) to a 3 qt pot of water, bring to a boil, then simmer for 20 minutes**
- 2. Add tofu and serve**

