

Chinese Cabbage & Tofu Soup

Ingredients:

- 1 tbsp sesame oil
- 1-inch ginger, sliced
- 2 garlic cloves, minced
- 4 cups napa cabbage, shredded
- 1 cup tofu, cubed
- 4 cups vegetable broth
- 2 tsp tamari or soy sauce
- Salt and pepper to taste
- Chopped green onions

Instructions:

Heat sesame oil in a pot, sauté garlic and ginger for 2 minutes.

Add cabbage and cook until slightly wilted.

Add tofu, broth, tamari, salt, and pepper. Simmer for 10 minutes.

Garnish with green onions and serve warm.

Health Benefits:

- Napa cabbage: Rich in antioxidants and fiber
- Ginger and garlic: Anti-inflammatory and immune-supporting
- Tofu: Protein-rich and filling