

Chinese Cabbage & Shiitake Soup

Ingredients:

1/2 head Napa cabbage, chopped
1/2 cup shiitake mushrooms, sliced
1 garlic clove, minced
1-inch ginger, sliced
1 tbsp tamari or soy sauce
4 cups vegetable broth
1 tsp sesame oil
Green onion for garnish

Instructions:

Heat sesame oil, sauté garlic and ginger.
Add mushrooms and cabbage, stir-fry briefly.
Pour in broth and tamari. Simmer for 15 minutes.
Garnish with green onions.

Health Benefits:

Cabbage supports digestion and liver health; shiitake mushrooms enhance immunity and reduce inflammation.