

Korean Kimchi Tofu Detox Soup

Ingredients:

1 cup kimchi, chopped

1/2 onion, sliced

1/2 block firm tofu, cubed

1 garlic clove, minced

1 tsp sesame oil

1 tsp gochugaru (Korean chili flakes)

3 cups vegetable broth

1 green onion for garnish

Instructions:

Heat sesame oil in a pot. Add garlic and onion, cook until soft.

Add kimchi and chili flakes, cook for 2 minutes.

Pour in broth, add tofu. Simmer for 10–15 minutes.

Top with green onions and serve hot.

Health Benefits:

Kimchi delivers probiotics and antioxidants, tofu offers plant protein, and the spice boosts metabolism.