

## Bok Choy & Miso Soup

### Ingredients:-

- 1 tbsp sesame oil-
- 1-inch ginger, grated
- 2 garlic cloves, minced-
- 2 baby bok choy, halved-
- 1/2 cup tofu, cubed-
- 2 tbsp miso paste-
- 4 cups water-
- 2 green onions, sliced-
- 1 tbsp tamari

### Instructions:

Heat sesame oil, sauté garlic and ginger for 1-2 minutes.

Add bok choy and tofu

. Sauté briefly, then add water.

Simmer for 5 minutes, remove from heat, stir in miso paste and tamari.

Top with green onions and serve.

### Health Benefits:-

Miso: Supports gut health- Bok choy: Loaded with vitamins A, C, and K- Tofu: Provi