

# 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