



Garlicky Bok Choy Noodle Soup

The vegetables in this colorful noodle soup are just barely cooked, so they stay crisp in texture and bright in color. Baby bok choy, harvested when it's about 6 inches long, is milder and more tender than mature bok choy.

By Shelli McConnell

Makes about 12 cups
Preparation Time: 25 minutes
Cook Time: 10 minutes

INGREDIENTS:

4 cups no-salt-added vegetable broth

4 cloves garlic, minced

1 tablespoons minced fresh ginger

2 teaspoons reduced-sodium soy sauce

6 ounces dried brown rice pad Thai noodles

12 baby carrots with green tops, halved lengthwise, or 2 cups bias-sliced carrots

3 ounces extra-firm light silken-style tofu, cut into $\frac{3}{4}$ -inch cubes

2 heads baby bok choy, halved lengthwise

12 thin spears asparagus, trimmed

1 cup fresh shiitake mushrooms, stems removed, or oyster mushrooms, sliced

4 scallions (green onions), green tops trimmed and cut in half lengthwise

1 lime, cut into wedges

- 1 In a 5- to 6-qt. Dutch oven combine 4 cups water, the broth, garlic, ginger, and soy sauce. Bring to boiling; reduce heat. Cover and simmer 10 minutes to allow flavors to meld.
- 2 Add noodles, carrots, and tofu. Simmer, uncovered, 8 minutes, stirring occasionally. Add bok choy, asparagus, mushrooms, and scallions. Simmer, uncovered, 1 minute more. Serve in shallow bowls with lime wedges.