



Makes 10 cups + 6 cups rice
Preparation Time: 20 minutes
Cook Time: 10 minutes

INGREDIENTS:

½ cup chopped yellow onion

4 cups low-sodium vegetable broth

6 cloves garlic, minced

1 2-inch piece fresh ginger, peeled and thinly sliced

1 small green papaya, peeled, seeded, and diced (1½ cups)

1 tablespoon white miso paste

1 cup sliced fresh cremini mushrooms

½ of a 14-oz. pkg. extra-firm tofu, diced

6 baby bok choy, halved lengthwise

6 cups cooked brown rice

Crushed red pepper (optional)

Tinola

Tinola is a bright, gingery soup that has been a comfort food staple in the Philippines for centuries and is served over rice as a main meal. The soup is typically made with chicken, but in this vegan twist, [Cleodia Martinez](#) switches things up and uses tofu and umami-rich [mushrooms](#), to delicious effect. Crunchy green papaya and tender bok choy balance out the flavors with crunchy green goodness. This recipe calls for cooked brown rice, so be sure to have that to hand or get it going first up!

Tips

Green papaya: Green papaya is the unripe version of the golden-fleshed papaya you may be more familiar with. It has a crisp texture and flavor similar to jicama or cucumber.

For more inspiration, check out these tasty ideas:

- [Filipino Cucumber Salad \(Ensaladang Pipino\)](#)
- [Air-Fried Vegan Lumpia](#)
- [Vegan Ube Ice Cream](#)
- [Vegan Sisig](#)

By Cleodia Martinez

- 1 In a 4- to 6-quart pot cook onion in 2 tablespoons of the broth over low 10 minutes or until onion is translucent, stirring frequently and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking.
- 2 Add garlic and ginger. Increase heat to medium. Cook 2 minutes more. Add papaya, the remaining broth, the miso, and 4 cups water. Bring to boiling; reduce heat. Partially cover and simmer 10 minutes or until papaya is tender.
- 3 Add mushrooms and tofu. Simmer 5 minutes. Add bok choy. Return to boiling; remove from heat. Serve immediately with rice, topped with crushed red pepper (if using).