

Bok Choy, Tofu, and Baby Corn Soup

Yield: 6 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/baby-corn-soup-recipe-indian>

Ingredients:

- 32 ounces low sodium vegetable stock carton
- 15 ounces baby corn can cut, with liquid, or whole baby corn, cut in half
- 4 stalks bok choy leaves included, thinly sliced
- 8 ounces firm tofu firm or extra-, well drained and cut into small dice
- 3 scallions sliced
- 2 tablespoons soy sauce or tamari, or more, to taste
- 2 teaspoons ginger grated fresh or jarred
- 1 teaspoon dark sesame oil
- freshly ground pepper to taste

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 6 grams
3. Fat: 4 grams
4. Fiber: 3 grams
5. Protein: 8 grams
6. Sodium: 470 milligrams
7. Sugar: 1 grams

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