

Paleo Kimchi Stew {Kimchi-jjigae}

Yield: 2 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/veg-tofu-soup-recipe-indian-style>

Ingredients:

- 1 teaspoon ghee olive oil or avocado oil
- 3/4 cup maui onion sliced, you can also use Vidalia or Walla Walla Sweet Onions
- 1/2 teaspoon sea salt Red Hawaiian Alaeian Salt if you've got it
- 1 tablespoon gluten free gochujang paste, aka kochujang paste*
- 3/4 cup zucchini sliced
- 1 cup shiitake mushrooms sliced, optional, or other mushroom of your choice
- 1/2 cup kimchi with juice, kimchee plus more for serving.
- 2 cups chicken stock or vegetable stock for vegetarian
- 1 tablespoon coconut aminos gluten-free tamari or soy sauce
- 1 whole egg pasture-raised, skip for vegan
- 2 tablespoons scallions sliced
- 1 bowl steamed white rice or cauliflower rice
- tofu
- cooked pork
- veggies
- kale
- spinach
- greens
- Brussels sprouts
- daikon
- bok choy