

Sichuan Tofu Noodle Soup

PREP TIME:

10 minutes

COOKING TIME:

LOW: 6 - 7 hours

or

HIGH: 3 - 3 1/2 hours

SERVES:

4 - 6

INGREDIENTS:

2 tbsp toasted sesame oil

2 tsp / 4 cloves garlic, chopped

1/4 cup soy sauce

2 tbsp rice vinegar

4 cups vegetable broth plus 1 1/4 cups water

1 Sichuan blend

4 oz / 1 sheet thin rice noodles or egg noodles

2 medium bok choy, quartered

1 pack firm tofu, cubed

scallions

chili sauce

PREPARE:

combine the sesame oil, garlic, soy sauce, rice vinegar, vegetable broth & water in the slow cooker

tuck spice bag into the mixture and leave to steep

cover and cook on LOW: 6-7 hours or HIGH: 3 1/2 hours

at the end of the cook time, discard the spice bag

add the noodles, bok choy & tofu to the slow cooker

stir and replace the lid for 8 minutes until the noodles are cooked

top with sliced scallions and chili sauce

pair with a Vienna style lager, a ginger Kombucha or green tea

