



Asian Vegetable Bowl

Active Time: 15 minutes | **Total Time:** 15 minutes | **Serves:** 6

Nutrition Information Per Serving

68.4 calories, 8.74 g carbohydrate, 1.9 g fiber, 6.84 g NET carbs, 6.98 g protein, 1.74 g fat

Ingredients

- 1 medium organic carrot, peeled and shredded
- 1 clove garlic, very thinly sliced
- 3 medium(s) organic green onions, sliced
- 1 cup chopped organic tomatoes
- 2 Tbsp(s) organic tamari (gluten free soy sauce)
- 1 Tbsp fresh organic ginger, grated
- 1 1/2 Tbsp(s) fresh cilantro, chopped
- 2 cup(s) organic bok choy, sliced
- 6 cup(s) organic chicken broth
- 1 whole organic Serrano chili pepper, seeded and minced
- 6 ounce(s) organic shiitake mushrooms, sliced

Preparation

1. In a large saucepan, bring broth and soy sauce to a boil.
2. Reduce heat to low. Add bok choy, mushrooms, ginger, garlic and chili. Simmer for 5 minutes, until bok choy is crisp-tender and mushrooms are softened.
3. Add tomatoes, green onions and carrot.
4. Stir in cilantro.
5. Serve.

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