



# Delightful Bok Chard Soup

## INGREDIENTS

- 3 cups vegetable broth
- 5 leaves bok choy
- 5 leaves swiss chard
- 1/4 block tofu
- 2 teaspoons soy sauce
- 2 teaspoons sesame oil
- 1/2 teaspoon black pepper
- 1 teaspoon minced garlic

## DIRECTIONS

1. Wash the bok choy and swiss chard leaves.
2. Tear the bok choy and swiss chard leaves into small pieces.
3. Chop the tofu into bite-sized cubes.
4. Bring the vegetable broth to a boil in a medium saucepan.
5. Stir in the soy sauce, sesame oil, black pepper, and garlic.
6. Add the bok choy and tofu. Simmer for up to 10 minutes until the leaves turn dark green and are wilted and tender.



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