

Ginger Soup

生姜ミルクスープ

● Ingredients (2 servings)

1 tsp. minced Garlic

½ tsp. grated Ginger

⅓ Napa Cabbage (7~10 leaves)

1 Onion

1 Carrot

2 Tbsp. minced Parsley to taste

¾ tsp. Salt

1 cup chicken stock

2 cups Soymilk

● Prepare



Peel a ginger with a spoon and grate it.
Make $\frac{1}{2}$ tsp. of grated ginger. A spoon is easy to use to peel the ginger's complicated shape.



Mince a clove of garlic and make 1 tsp. of minced garlic.



Slice 1 onion.



Cut 1 carrot into small pieces.



Peel 7~10 leaves of Napa cabbage apart and slice 2 inches wide.

● Cook



Heat 1 Tbsp. of vegetable oil, 1 tsp. of minced garlic and $\frac{1}{2}$ tsp. of grated ginger in a sauce pan over medium-high heat.



After 1 minutes or so, add the sliced onion, the chopped carrot, and the sliced Napa cabbage to the pan and whisk.



After whisking, add 1 cup of chicken stock and 2 cups of soymilk.



Cook over high heat until it boils.



Turn the heat down to low when it boils and add $\frac{3}{4}$ tsp. of salt.
Simmer for 17 minutes stirring occasionally.



Prepare 2 Tbsp. of minced parsley to taste and sprinkle on the soup.



Enjoy!!