

Bok Choy Milk Soup

チンゲン菜の牛乳スープ

● Ingredients (servings 2)

1 Head Bok Choy

5 slices Turkey Bacon

2 Chicken Bouillon Cubes

3 cups Soy Milk (unsweetened)

1 Tbsp. Vegetable Oil

Salt and Pepper for seasoning

● Prepare



Trim a head of bok choy and wash.



Cut into 2 inches pieces and separate into green and white parts. These two parts have a bit of a time lag in cooking all the way through so I add them to the pan at different times. Set aside.



Chop 5 slices turkey bacon into 1/2 inch pieces.

● Cook



Heat 1 Tbsp. of vegetable oil in a deep pan and cook the turkey bacon over medium heat for 3 minutes.



Add the white stem of bok choy and cook over medium heat for 5 minutes.



Add 3 cups of soy milk, 2 chicken bouillon cubes and the leaves of bok choy to the pan.

Cook over medium heat until it boils.





Once it boils, turn the heat down to low and cook for 15 minutes. Stir occasionally.
Taste and season with salt and pepper if you need.

Enjoy!

