

# SeacoastCAN (Climate Action NOW) Planted for the Planet Plant Based Recipes



## **Soy Ginger Soup.** Recipe from Mother Earth Living



*Photo By Ashley McLaughlin*

**INGREDIENTS:**

- 1 teaspoon sesame oil
- 2 tablespoons fresh ginger, minced
- 1 1/2 tablespoons garlic, minced
- 8 cups vegetable broth, divide
- 3 tablespoons cornstarch
- 2 tablespoons soy sauce or tamari, or more to taste
- 8 wonton wrappers. (Nasoya wontons contain no eggs or genetically engineered ingredients, artificial preservatives or flavors)
- cooking spray or oil, to grease baking sheet
- sea salt for sprinkling
- 1 large carrot, cut into matchsticks
- 1 cup mushrooms, chopped
- 2 green onions, thinly sliced
- 1 cup spinach, chopped
- 1 cup cubed extra-firm tofu

#### INSTRUCTIONS:

1. To prepare the broth, heat oil in a large stockpot over medium-high heat. Add ginger and garlic and sauté for 1 minute. Add 7 cups of the broth and bring to a low boil.
2. Mix remaining cup of broth with cornstarch in a small bowl and whisk until smooth.
3. Add cornstarch mixture to stockpot and boil, stirring constantly until it thickens. Lower heat and simmer for 10 to 15 minutes.
4. Add soy sauce or tamari and adjust to taste.
5. Meanwhile, preheat the oven to 400 degrees F.
6. Cut each wonton wrapper into 4 strips and place on a baking sheet that has been lightly oiled or sprayed with cooking spray. Sprinkle wonton strips with sea salt.
7. Bake for 4 to 5 minutes, turning halfway through, or until wonton strips have browned and crisped.
8. Place carrots, mushrooms, green onions, spinach, tofu and wonton strips in small serving bowls and arrange on the table. Ladle broth into soup bowls and let everyone build their own bowl with the toppings of their choice. ***Makes 4 large servings of Ginger Soy Soup, approximately 2 cups each.***