

Thai Tofu Ramen [adapted from Rachael Ray Magazine]
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Ingredients:

- 2 tablespoons extra virgin olive oil
- 3/4 ounce freshly grated ginger
- 2 large cloves garlic, minced
- 1 teaspoon crushed red pepper
- 7 cups low-sodium chicken broth
- 3/4 cup carrots, peeled and diced
- 1 stalk celery, minced
- 1/4 pound mushrooms, sliced and cleaned
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon fish sauce
- 1/2 pound tofu, drained, pressed, and cubed
- 4 ounces fresh spinach
- 1/4 cup cilantro, minced
- 1 bunch scallions, minced
- 3 packages ramen noodles [uncooked, broken, noodles only]
- 3/4 cup lite coconut milk

Directions:

Heat oil in a medium pot set over medium heat. Add ginger, garlic, and crushed red pepper and saute for 1 minute until fragrant. Add chicken broth, carrots, celery, mushrooms, soy sauce, and fish sauce. Cover and simmer for 8-10 minutes, or until vegetables are soft.

Next, stir in tofu, spinach, cilantro, scallions, and ramen. Cover again and simmer 3-5 minutes until noodles are tender. Reduce heat to low and gently stir in coconut milk. Simmer for another minute or so until hot, then season with additional crushed red pepper or coconut milk as desired.

Time: 30 minutes.

Yield: 6-8 servings.