

Recipe for: Gingered Fish Soup

Ingredients:

2 Tbsp. olive oil, sesame oil, or coconut oil
1 piece (1 inch) peeled, fresh ginger, julienne-sliced
1 large garlic-clove, peeled and minced
1 bunch green onions (white parts only), trimmed and sliced
3 containers (14.5 oz. each) chicken broth (organic, low sodium)
1 lb skinless firm white fish (ex: cod, haddock, halibut)
cut in 1-inch pieces
4 cups bok choy (about 1 small head) stems cut crosswise
1/8-inch leaves coarsely chopped

Preparation:

Heat oil on high in 4-quart soup pot.

When hot add ginger, garlic and green onions; stir-fry for 10 seconds.

Add broth; bring to a boil.

Reduce heat to simmer.

Add fish and bok choy; simmer 5 minutes.

Pepper to taste.