

## Vegetable Pho



Servings:

**5**

Prep Time:

**10 minutes**

Cook Time:

**25-30 minutes**

### Ingredients

- 1 tbsp **Olive Oil**
- 3 **Shallots**, diced
- 1 bunch **Green Onions**, diced
- 5 **Garlic Cloves**, minced
- 1 tbsp **Fresh Ginger**, peeled and minced
- 6 cups **Vegetable Broth** , (3 cups of low sodium broth)
- 1-2 **Cinnamon Sticks**, or Star Anise
- 2 tbsp **Low Sodium Tamari or Soy Sauce**
- 8 oz **Sliced Mushrooms**
- 2 heads **Bok Choy**, chopped
- 6 oz **Rice Noodles**

### Method of Preparation

#### Step 1

Heat oil over medium heat in a stock pot. Add diced shallots and cook until translucent.

#### Step 2

Add white part of the green onions, garlic and ginger. Stir and cook for 1-2 minutes until fragrant.

#### Step 3

Add broth and bring to a simmer.

Add cinnamon sticks and soy sauce and stir. Cover and simmer for 10 minutes.

#### Step 4

Remove lid and cinnamon sticks.

Add mushrooms, rice noodles, and bok choy. Stir and continue to simmer until noodles are cooked.

#### Step 5

Season with salt and pepper to taste. Garnish with bean sprouts, red pepper flakes and green onions.