

Korean Tofu and Vegetable Soup

Oscar · 29/09/2024

**Prep Time**

35 mins

Difficult

Medium

Servings

4

Description

This is the Korean equivalent of chicken noodle soup it is a comforting cureall soup It is also spicy and fresh and easy to make You will have to visit your local Asian market for some of the ingredients

Ingredients

- - 3 cups beef stock - ¼ cup toonjang (fermented soybean paste) - 1 (4 inch) piece dashi kombu (dried kelp) (Optional) - 5 cloves garlic
- chopped - 1 (16 ounce) package medium-firm tofu
- cut into 1 1/2 x 1/4 inch dominoes - 1 pound napa cabbage
- thickly sliced - 1 pound daikon radish cut into 1 1/2x1/4 inch pieces - 1 pound yellow squash
- cut into 1 1/2x1/4 inch dominoes - 2 large green onions
- white and pale green part only
- sliced diagonally into 1 1/4 inch pieces - 1 hot red pepper
- seeded and sliced diagonally into 1/4 inch pieces

Instructions

1. Pour the beef stock into a stock pot or large deep skillet over medium-high heat. Stir in the toonjang until dissolved. Add the kelp and garlic
2. and bring to a boil. Put in the tofu
3. cabbage
4. daikon and yellow squash
5. cover and return to a boil. Cook gently for 5 minutes. Then add the green onions and hot pepper
6. and boil for a minute
7. or until the onion and pepper become fragrant and brightly colored. Limit the cooking time to no more than 15 minutes. Remove and discard kelp. Serve immediately.