

## Bok Choy Mushroom Soup



### Ingredients:

50 oz mushroom broth (could use vegetable broth, but the flavor will not be the same)

3 shallots, diced

5 garlic cloves, diced

2 thumb sized pieces of ginger, minced

3 star anise

2 cups button or cremini mushrooms, diced

1 cup shitake mushrooms, diced

10 oz millet and brown rice ramen noodles

3 tablespoons coconut aminos

3 heads baby bok choy

1 tablespoon black sesame seeds, toasted

1 teaspoon red pepper flakes (optional)

3 green onions, chopped

**Directions:**

Sauté shallots with ½ cup broth until clear. Add ½ cup more broth, garlic and ginger and sauté for 3 minutes.

Add star anise, coconut aminos, and rest of broth. Bring to boil, then reduce heat and simmer 10 minutes. Remove star anise.

Add mushrooms, noodles, and red chilli flakes. Simmer 4-5 minutes. Add bok choy. Cook 4 minutes. Serve immediately. Garnish with green onion and sesame seeds.