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Instant Pho-ish

By **Angeline D. Brauer, DrPH, MHS, RDN**

Ingredients

- 12 cups water
- 3 Tbsp (heaping) mushroom seasoning
- 2 Tbsp vegetarian chicken seasoning
- 19 oz firm water-packed tofu, cubed
- 1 small onion, chopped
- 4 cloves garlic, chopped
- 3 Tbsp olive oil
- 1 cup chopped carrots
- 4 cups chopped bok choy
- 3 oz rice noodles

Instructions

1. Place water, mushroom seasoning, and “chicken” seasoning in a large pot on high heat. Allow to boil. Add carrots and continue to cook till they begin to soften.
2. Meanwhile, in a separate pan, sauté tofu, onion, and garlic in oil. Cook till tofu is slightly browned, stirring occasionally.
3. When tofu has browned slightly, add to boiling water and lower heat. Add bok choy and rice noodles and allow to cook until bok choy is just becoming tender and noodles just soften. Do not overcook.
4. Serve hot with mint leaves and fresh squeezes of lime.