BeWell recipe of the month:

Soft Tofu Soup

From the kitchen of Ernie Fok, School of Medicine

Ingredients:

- 4 oz. soft/silken tofu
- 1 tbsp. anchovy sauce
- 3 oz. kelp/seaweed
- 3 oz. kimchi
- 2 pints water
- 1 cup diced beef cubes
- 1 tbsp. chili flake/powder

Directions:

1. Boil water, seaweed and half of the kimchi, then reduce heat to a simmer.
2. In a separate pot, stir-fry the beef cubes, chili flakes and half of the kimchi; then add soup base during cooking.
3. Bring the pot to a boil, then add tofu; turn heat off and let rest.