

Bok Choy Stir-Fry Soup with Ginger and Garlic Over Rice

1 tablespoon olive oil
2 cloves garlic, minced
1 tablespoon minced fresh ginger
1 red onion, sliced thinly
8 cups chopped fresh bok choy
2 tablespoons reduced-sodium soy sauce
Salt and pepper
1/2 cup green onion top, sliced on an angle, very thinly
4 cups chicken broth
1/2—3/4 tablespoon toasted sesame seeds or to taste
fresh herbs, chopped to taste
cooked white rice (jasmine) and fresh herbs

Method: cook rice according to directions on package. Heat oil in a large skillet over medium heat. Add garlic and ginger and cook 1 minute. Add red onion and cook 1-2 minutes. Add bok choy and soy sauce cook 3 to 5 minutes, until greens are wilted and stalks are crisp-tender. Remove from heat and add sliced onion tops and sesame seeds. Toss well. Season, to taste, with salt and black pepper. Add chicken broth. In a bowl add 1 cup cooked rice. Pour stir-fry soup over and garnish with fresh herbs, chopped to taste.