



Kimchi Stew

412 Calories

Ingredient List

- 1 1/2 cups chicken bone broth
- 1 cup kimchi, chopped into bite-sized pieces
- 1/4 cup kimchi juice (from the kimchi container)
- 1 slice pork bacon, chopped
- 3 oz medium firm tofu, chopped into cubes
- 1 egg
- 2 oz center cut pork loin or protein of choice, chopped
- 1 tsp soy sauce
- 1/4 tsp fish sauce
- 1 tsp garlic powder
- 1/4 tsp Korean chili flakes (gochugaru)
- Salt and pepper
- Chopped green onions (to serve)

Cooking Instructions

1. Preheat a pot over medium heat. Add the bacon and Korean red pepper flakes, cooking for 2 minutes.
2. Add the pork loin to the pot. Season lightly with salt and pepper. Stir fry it with the bacon and red pepper flakes for 1-2 minutes.
3. Add the kimchi to stir fry with everything for another 2 minutes.
4. Pour in the juice from the kimchi container, followed by the bone broth. Bring the stew to a boil.
5. Once boiling, add the soy sauce, garlic powder, and fish sauce. Carefully crack in one egg into the pot.
6. Allow it to boil for 1 minute, then gently add in the tofu. Continue cooking for 2 more minutes to ensure everything is heated through and flavors meld.
7. Turn off the heat. Garnish the stew with chopped green onions and enjoy!

