

Shopping List: 3 Tasty and Easy Asian Meals

Fresh Produce

- 2 medium onions
- 6 medium green onions
- 1 garlic
- 1 medium piece of ginger root
- 1 carrot
- 1 green bell pepper
- 7-8 cups of bok choy
- 2 cups fresh mushrooms
- 1 1/4 cups bean sprouts
- 3 cups of mixed vegetables
- 1 garlic
- 1 lemon (optional)

Dry Goods

- 1 (8 oz) can baby corn
- 1 (8 oz) can bamboo shoots
- 1 cup white rice
- 1 (12 oz) pack of thin rice noodles
- 4 cups chicken broth

Meat or Substitutes

- 16 oz. packed tofu
- 1 pound shelled and deveined Shrimp (frozen or fresh)
- 1 chicken breast, or 2 chicken thighs
- 1 Chinese sausage

Pantry Staples

Add items to list if you don't already have them

- Vegetable oil
- Olive oil
- Sesame oil
- Rice wine vinegar
- Honey
- Soy sauce
- Cornstarch
- Red pepper flakes
- Salt

Tofu and Vegetable Stir-Fry

This stir-fry is colorful, flavorful and loaded with nutrients. Tofu is a great alternative protein that is a great source of calcium and vitamin E.

Makes 6 servings. 1 cup per serving.

Ready in 20 minutes.

Ingredients

1 tablespoon vegetable oil	1 carrot, peeled and sliced
½ medium onion, sliced	1 green bell pepper, seeded and cut into strips
2 cloves garlic, finely chopped	1 cup baby corn, drained and cut into pieces
1 tablespoon fresh ginger root, finely chopped	1 small head bok choy, chopped
1 (16 ounce) package tofu, drained and cut into cubes	2 cups fresh mushrooms, chopped
½ cup water	1¼ cups bean sprouts
4 tablespoons rice wine vinegar	1 cup bamboo shoots, drained and chopped
2 tablespoons honey	½ teaspoon crushed red pepper
2 tablespoons soy sauce	2 medium green onions, thinly sliced diagonally
2 teaspoons cornstarch dissolved in	
2 tablespoons water	

Directions

1. In a large skillet, heat oil over medium-high heat. Stir in onions and cook for one minute. Stir in garlic and ginger, and cook for 30 seconds. Stir in tofu, and cook until golden brown.
2. Stir in carrots, bell pepper and baby corn, cooking for 2 minutes. Stir in bok choy, mushrooms, bean sprouts, bamboo shoots, and crushed red pepper, and heat through. Remove from heat.
3. In a small saucepan, combine water, rice wine vinegar, honey, and soy sauce, and bring to a simmer. Cook for two minutes, then stir in cornstarch and water mixture. Simmer until sauce thickens. Pour sauce over vegetables and tofu. Garnish with scallions.

Nutrition information per serving: Calories 174, Total Fat 6g, Saturated Fat 0.9g, Carbohydrate 25g, Dietary Fiber 6g, Protein 9.1g, Sodium 352mg

Recipe Source: Jewish Family Service

Chinese Rice Soup (“Congee”)

Try this traditional Chinese soup for something new and delicious.

Makes 6 servings. 2 cups per serving.

Ready in 2 hours 5 minutes.

Ingredients

7 cups water

4 cups chicken broth

1 cup dry white rice

1½ teaspoons fresh ginger, minced

1 teaspoon sesame oil

6 cups baby bok choy, washed and chopped

1 lb shrimp (fresh or frozen), shelled and deveined

½ teaspoon salt, adjust to taste

Directions

1. In large pot, over medium-high heat: add water, chicken broth and rice.
2. Bring to a boil, cover, and lower heat.
3. Cook for 1½ hours, until rice is broken down and the soup is creamy.
4. Add ginger and sesame oil; continue to cook for 15 minutes.
5. Add bok choy and continue to cook for about 10 minutes or until bok choy is soft.
6. Add shrimp and cook for 5 minutes or until all shrimp is completely pink.
7. Add salt and serve.

Nutrition information per serving: Calories 220, Total Fat 2.5g, Carbohydrate 29g, Dietary Fiber 2g, Sodium 620mg

Recipe Source: City and County of San Francisco, Department of Public Health, Nutrition Services and Mission Latino Family Partnership (MLFP)

Pancit Noodles

This is another recipe from the home chefs at the Alexander Residence. Those ladies can cook!

Makes 4 servings. 1½ cups per serving.

Ready in 25 minutes.

Ingredients

- 1-2 tablespoons olive oil
- 4 garlic cloves, chopped
- 1 onion, chopped
- 3 cups of mixed vegetables, chopped (carrots, green beans, celery, cabbage, peas)
- 1 chicken breast or 2 chicken thighs, cut into small strips
- 8-12 oz. pack of thin rice noodles
- ¼ cup soy sauce
- 1 Chinese sausage, diced (*optional*)
- 4 chopped green onions (*optional*)
- Lemon wedges (*optional*)

Directions

1. Soak noodles in hot water.
2. While noodles are soaking, add oil to a skillet.
3. Add garlic and onions. Sauté over medium heat for about 2 minutes.
4. Add chicken and optional sausage. Sauté for about 5 minutes.
5. Add vegetables and sauté for about 5 minutes more.
6. Drain noodles and add to skillet with soy sauce.
1. Combine everything and cook through.
2. If desired, top with optional green onion and serve with lemon wedges.

Nutrition information per serving: Calories 413, Total Fat 5g, Saturated Fat 1g, Carbohydrate 77g, Dietary Fiber 4g, Protein 13g, Sodium 258mg

Recipe Source: Leah's Pantry