ASIAN-INSPIRED ZERO POINTS VALUE SOUP

Makes 12 servings, 0 points per serving

- 2 cups bok choy, sliced
- 2 cups Chinese cabbage
- 3 cloves garlic
- ¼ cup fresh ginger, julienned
- 4 small oyster mushrooms, chopped
- 2 cups scallions, chopped
- ½ cup red pepper, thinly chopped
- 1 cup canned water chestnuts, sliced (8 oz. can)
- 6 cups vegetable broth
- ½ tsp. red pepper flakes
- 1 cup bean sprouts, optional
- 2 cups snow peas, stringed
- 2 TBS low-sodium soy sauce
- ½ cup cilantro, finely

Put bok choy, cabbage, garlic, ginger, mushrooms, scallions, water chestnuts, red bell pepper, pepper flakes, and vegetable broth into a large soup pot. Stir to combine. Cover and bring to boil over high heat. Reduce heat to low and simmer, partly covered, for about 10 minutes. Toss in bean sprouts (optional) and snow peas during last 3-4 minutes of simmering.

Add soy sauce and cilantro. Serve. Serving size = about 1 cup.