

"Daddy's Home" Bok Choy

The following post, recipe and photography were provided by Barrington Illinois resident, Cara Leopardo, and were originally published at 365Barrington.com.

Serves 6

Soy Free / Vegan / Vegetarian

Ingredients

- 4 bunches of bok choy (add one bunch of bok choy person)
- 2 sweet onions
- 2 red peppers
- 1 8 oz. container of sliced mushrooms
- 6-8 whole carrots
- 1 bunch of broccoli
- 2 Tbsp. of garlic
- 1 package of thin rice noodles
- Walnut Oil
- Bragg liquid aminos (soy sauce replacement)



Instructions

1. Preheat the pan over medium heat and boil water for noodles.
2. Carefully open the noodle package as they break easily. Add into boiling water gently.
3. When fully cooked, remove from water and gently run under cool water. Set aside until ready to serve. (If you cook noodles in advance they stick together easily, so run under cool water to separate.)
4. Soak all of the bok choy in cool water, then remove and pat dry.
5. Cut off the green portion from the white stem and set aside.
6. Once all green portions are removed from the stem, chop the stem into bite-size portions and add to the preheated pan with garlic, stirring occasionally.
7. Rinse and chop all other ingredients into bite-size pieces and use a veggie peeler to peel the carrots and keep separated.
8. Add onions by layering evenly on top of the bok choy while stirring evenly.
9. Continue to add red peppers, broccoli, carrots and mushrooms by layering and stirring evenly.
10. Once the mushrooms appear almost completely cooked, add the balance of the leafy portion of the bok choy, coating the leaves with a drizzle of oil.
11. Continue to stir until soft and reduce heat to a simmer until cooked.
12. Veggie mixture over noodles.

Notes:

1. This dish pairs well with Kim Crawford Sauvignon Blanc.
2. This meal lasts for several days in the fridge and reheats well in the toaster oven. Store noodles individually and rinse with cool water to separate.