

Asian Ginger-Rice Soup

Prep: 10 minutes | Cook: 50 minutes | Total: 1 hour

Yield: 4 servings | Serving Size: ~1 cup

Ingredients

- ½ cup uncooked long-grain white rice
- 4 cups (32 ounces) low-sodium chicken or vegetable broth
- ½-inch piece fresh ginger, peeled if desired, thinly sliced
- 4 scallions (green onions), thinly sliced, divided (about ½ cup)
- 2 tablespoons lite (reduced-sodium) soy sauce, divided
- 2 teaspoons toasted sesame oil, divided

Directions

1. Add the rice, broth, and ginger to In a medium to large saucepan or stockpot. Stir to combine.
2. Bring to a boil over high heat, then reduce the heat to a simmer.
3. Cook uncovered until the soup thickens, about 40-45 minutes, stirring occasionally.
4. Serve warm, topping each portion with a quarter of the scallions (~2 tablespoons each), ½ tablespoon of the soy sauce, and ½ teaspoon of the sesame oil.

Recipe Notes

- This soup will keep in the refrigerator for up to 4 days.
- Add cubed tofu or a cooked animal protein (e.g. chicken, pork, shrimp) and a cooked or frozen vegetable (e.g. carrots, bell peppers, cabbage) to make this a meal.
- Bone broth can be used, if desired, for additional nutrients and protein.



Nutrition Facts Per Serving: Calories: 125 | Total Fat: 2.5 g | Saturated Fat: 0.5 g
Sodium: 515 mg | Total Carbohydrate: 21 g | Dietary Fiber: 0.5 g | Protein: 4.5 g

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