

## Recipe – Nabemono (Japanese One Pot Meal) (Level 2)

Serves 8 - 10

### Ingredients:

- 2 lbs turkey or chicken, cubed
- 1 package of firm tofu, cubed
- 5 vegetable bouillon cubes
- 12 cups water
- 2 T soy sauce
- 3 T miso past
- 2 bags spinach
- 1 head napa cabbage, shredded
- 1 inch piece of ginger, grated

### Directions:

Mix bouillon and water in a large pot and bring to boil

Add soy sauce

Add ginger and cabbage and cook until almost done

Add meat, cook five minutes

Add spinach and let wilt, don't boil from this point on

Mix the miso with a little water and slowly stir into soup pot

Add cubed tofu

Serve with soy sauce and sesame oil

### Optional:

For more protein - once the meat is in and before the spinach, carefully break one egg per person into the pot and poach until just cooked.