

Rhubarb Vegan Hot and Sour Soup

Ingredients

- 2-3 stalks of rhubarb, chopped (about 1 cup)
- 3 cloves of garlic, minced
- 1-2 chili peppers, seeded and chopped, according to spice preference
- 1 small onion, diced
- 8 oz. mushrooms, chopped
- 8 oz. of canned bamboo shoots, chopped into small cubes
- ¼ cup soy sauce
- 4 ¼ cups of vegetable stock or water, separated
- 14 oz. package of firm or extra firm tofu
- ¼ cup cornstarch
- 2 scallions, chopped
- Cilantro, chopped
- Salt and pepper, to taste

Steps

1. In a large pot, add ¼ cup water or vegetable stalk, rhubarb, garlic, chilis and onion. Simmer on a medium-low heat for 5 or so minutes, until the rhubarb has started to lose its shape and break down. Add the mushrooms, bamboo shoots, and soy sauce, and sauté for a minute or two.

2. Use 3 ½ cups of the remaining vegetable broth or water (reserving ½ cup) and add to the pot turning the heat on high. Use your hands to crumble the tofu into bite-sized pieces in the soup. Allow the broth to come to a boil, and reduce it to a simmer. Simmer for 5-10 minutes.

3. While the soup is cooking, combine the last ½ cup of vegetable stock or water and the cornstarch, whisking to remove any clumps. Add to the soup, and continue to cook until nicely thickened. Remove from the heat, add the scallions and cilantro, and season with salt and pepper, to taste.

