Try this recipe on a Meatless Monday. Serve this stew with brown rice and your favorite fruit to make it a delicious and nutritious meal.

Ingredients:
- 1 tablespoon canola oil
- 2 tablespoons minced garlic
- 1 cup napa cabbage, slivered
- 4 cups low sodium chicken broth
- 1 pound firm tofu, cut into 1¼-inch slices, ¼ inch-thick
- 1 teaspoon red pepper powder (or more according to taste)
- 5 tablespoons low sodium soy sauce
- 1 tablespoon sesame oil
- 2 tablespoons minced scallions

Directions:
1. In a large saucepan, heat the oil over medium high heat. Add the minced garlic and slivered cabbage. Cook for 1 to 2 minutes until the garlic is aromatic, then add the chicken broth, tofu and red pepper powder. Cover and cook for 3 to 4 minutes.
2. Uncover the saucepan and add the soy sauce, sesame oil and scallions. Stir gently to avoid breaking the tofu.
3. Cook until the stew begins to bubble. Ready to serve

Servings: 4

Cooking Tips:
You can turn this recipe into a vegetarian recipe by replacing the chicken broth with vegetable broth.