

# KIMCHI STEW



Submitted by: Sophie Gray, M2

This recipe is quick and affordable, at less than \$5 per serving. The recipe is derived from this video:



## INGREDIENTS

- 1/2 tbsp cooking oil
- 1 cup pork belly slices (or other meat of your choice)
- Salt and pepper
- 2 cups water
- 2 tsp chicken bouillon
- 1 cup kimchi
- 1 tbsp Korean chili powder
- 1 tbsp granulated sugar
- 1 tbsp minced garlic (about 4 cloves)
- 1 tbsp soup soy sauce (or regular soy sauce + a pinch of salt)
- 1 yellow onion chopped
- 3 green onions chopped
- 1 block of soft tofu cut into cubes

## DIRECTIONS

1. Add cooking oil to a pot on medium-high heat, add pork belly and stir-fry until the pork belly is cooked on the outside (it should look golden).
2. Sprinkle pork belly with salt and pepper and stir.
3. Add water, chicken bouillon, and kimchi to the pot and stir.
4. Add chili powder, sugar, garlic, and soup soy sauce and stir.
5. Boil for 10 minutes on medium-high heat.
6. Add yellow onion, green onion, and tofu to the pot and stir.
7. Cook on medium-high heat for another 10 minutes.
8. Serve with white rice and enjoy.

## RESOURCES



BU Food Pantry



Thoughtful  
Eating Toolkit

### Notes:

For a vegetarian version, start at step 3 with a pot on medium-high heat, and substitute with veggie bouillon and vegan kimchi