
Soy Bean Paste Stew

Description

Soy Bean Paste Stew is a very common stew eaten in Korea. Some say it's Korea's version of miso soup, I say, it is a Korean stew that is made from Korea's version of miso. Doenjang is a thicker paste or block of fermented soybeans that has a very pungent aroma.

Total time: 30 min Yield: 4 servings

Ingredients

8 cup water
7 pieces dried anchovies
1 red or green jalapeno
4 clove garlic (smashed)
1/2 cup doenjang paste
1 potato (medium dice)
1 onion (medium dice)
1/2 zucchini (medium dice)
1/2 block tofu (firm, medium dice)
1/2 cup green onion (chopped)

Prep Time: 10 min Cooking Time: 20 min Total Time: 30 min

Instructions

Place 8 cups of water in a medium pot on high and quickly bring to a boil. Add in the dried anchovies, jalapeño and garlic; boil for 5 minutes.

Add in the doenjang paste, potato and onion and boil another 5 minutes. Then add in the zucchini and tofu and boil 3 minutes longer. Lastly, add in the chopped green onion and serve piping hot.

Recipe brought to you by:

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