

Brothy Chinese Noodles

From – *eatingwell.com*

2 Tbsp hot or regular sesame oil, divided
1 lb ground turkey
1 bunch scallions, sliced, divided
2 cloves garlic, minced
1 Tbsp minced fresh ginger
4 cups reduced-sodium chicken broth
3/4 cup water
3 cups thinly sliced bok choy
8 ounces dried Chinese noodles
3 Tbsp reduced-sodium soy sauce
1 Tbsp rice vinegar

- Heat 1 Tbsp oil in a large saucepan over medium heat.
- Add ground turkey, all but 2 Tbsp of the scallions, garlic and ginger and cook, stirring and breaking up the turkey, until no longer pink, about 5 minutes. Transfer to a plate.
- Add broth, water, bok choy, noodles, soy sauce, vinegar and the remaining 1 Tbsp oil to the pan.
- Bring to a boil over medium-high. Cook, stirring occasionally, until the noodles are tender, 3 to 5 minutes.
- Return the turkey mixture to the pan and stir to combine.
- Serve garnished with the reserved 2 tablespoons scallions.



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