**Title:** Chinese Hot Pot

**Prep Time:** 20 min.  **Cook Time:** 15 min.  **Yield:** 3

**Ingredients:**

**Broth**
- 4 cups Vegetable or Chicken Stock
- Water for refilling
- 1 inch Ginger, sliced
- 1/2 Corn, cut into disks
- 2 Tbsp Oil
- Optional: whole dried Red Chilies

**Sauce options:**
- Bullshead BBQ Sauce (Sacha Sauce)
- Soy Sauce
- Garlic
- Green Onion
- Cilantro

**Additions**
- Mushrooms
- Leafy and hearty greens
- Tomato
- Root Vegetables/ Squash
- Tofu
- Meats/ Seafood
- Noodles, Rice Cakes, Dumplings

**Instructions:**

1. Add all the ingredients for broth and bring to a boil.
2. Make your personal sauce using any of the available options.
3. Add any of the additions into the boiling broth, starting with vegetables. Then add the thinly sliced meats or seafood. Add starches last to finish off the meal.
4. Keep track of the food that has gone into the pot and take it out using the communal ladle when it is cooked to your liking.
5. Continue to add more water as the broth level gets too low.

**Tips:**

- Be sure to take turns adding items to the pot, and keep track of what’s been added.
- Try not to crowd the pot with too many items.
- Don’t wash your personal chopsticks in the communal pot (unless you’re eating with family or friends)
- Always be considerate of your neighbor.

---

Tofu, also known as bean curd, is made from coagulated milk from the soy bean. When fresh, it has a soft, creamy texture and mild flavor. It is a great source of Protein, calcium, and iron. Tofu - making was first recorded 2,000 years ago during the Chinese Han dynasty.

**Total Cost of this meal:**

$8.39  
or  
$2.76/serving