KOREAN · LUNCH · DINNER · SIDE

Kongnamul-guk (Korean Soybean Sprout Soup)

40 min · Serves 4 · 120 kcal a serve · Video 9:55 · Maangchi

No dairy listed · No nuts listed

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A light everyday soup that is almost all sprouts, vegetables and broth, at about 110 kcal and under 1 g of saturated fat a bowl. The sprouts add crunch, vitamin C and folate, and it uses only 2 teaspoons of oil for four bowls.

Diet notes: Vegan if you leave out the anchovy broth and fish sauce; Vegetarian with a swap for the anchovy broth and fish sauce; Low saturated fat (0.7 g, 5% of the energy); Gluten-free with a swap: Use tamari instead of soy sauce, and check your fish sauce is gluten-free.

Ingredients 11 · SERVES 4

- [ ] 450 g **soybean sprouts**, washed
- [ ] **anchovy broth** (1.9 L water simmered with 8 large dried anchovies in a soup pouch), or vegetable stock instead
- [ ] 1 tbsp **soy sauce**
- [ ] 1 tbsp **fish sauce** (or salt, for a vegetarian version)
- [ ] 1 tbsp **Korean hot pepper flakes** (gochugaru)
- [ ] ½ medium **onion** (about 115 g), sliced
- [ ] 4 **garlic** cloves, minced
- [ ] 2 large **green onions**, chopped
- [ ] 2 tbsp **toasted sesame seeds**, finely ground, sprinkled over each bowl
- [ ] 2 tsp **sesame oil**
- [ ] 2 tsp **kosher salt**, or to taste

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Fish, Sesame, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Swish the sprouts in a big bowl of water, lifting them out by the handful, and change the water a couple of times. Pick out any dark or dead beans, then put the sprouts in a pot. 1:31
2. Add the water, the cleaned anchovies (heads and guts removed) in a soup pouch, soy sauce, fish sauce, gochugaru, sliced onion and minced garlic. 2:36
3. Cover and cook over medium-high heat for 30 minutes. If it starts to boil over, crack the lid. 4:58
4. Meanwhile chop the green onions and grind the toasted sesame seeds finely. 5:48
5. Lift out the anchovy pouch, stir in the salt and green onion and cook 1 minute more. Turn off the heat and stir in the sesame oil. 6:38
6. Ladle into bowls, sprinkle the ground sesame over each, and serve hot with a bowl of rice and kimchi or kkakdugi. 8:27

> **Tip** Serves 3–4. Start with 1 tsp salt and add more to taste, as soy and fish sauce are salty too. For a vegetarian soup, use vegetable stock instead of the anchovies and salt instead of fish sauce. Keeps 4 days chilled.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
120 kcal	7.2 g	15 g	4.1 g	5.2 g	1,720 mg
500 kJ	14% of a day	11 g net · 6.5 g sugars	14% of a day	0.7 g saturated	75% of a day
		5% of a day		7% of a day	

Energy from net carbs 37% · protein 24% · fat 39%

High in (20%+ of a day) Vitamin K 54% · Folate 24% · Vitamin C 23%

Source of (10–19%) Magnesium 19% · Vitamin B6 16% · Iron 14% · Potassium 13% · Zinc 10%

⚠ One serve has about 75% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Maangchi (@Maangchi) on YouTube — youtube.com/watch?v=0q8LU70IRn8, published 3 December 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/kongnamul-guk-soybean-sprout-soup