



## VEGETABLE NAMUL

**Number of servings:** 4

**Ingredients:**

- 1 clove garlic
- 1 medium carrot
- 1 bunch watercress
- 1½ cups water
- 1 teaspoon sesame oil
- ¼ teaspoon sugar
- 3 tablespoons less sodium soy sauce
- Optional: ⅛ teaspoon cayenne pepper  
OR red pepper
- 1 teaspoon sesame seed

**Directions:**

1. MINCE garlic.
2. GRATE carrot.
3. RINSE watercress well. REMOVE undesirable leaves and tough stems, and CUT into 1-inch lengths.
4. Boil 1½ cups of water.
5. PLACE watercress in boiling water for 3 minutes.
6. DRAIN thoroughly.
7. In a large bowl, ADD garlic, sesame oil, sugar, and soy sauce. MIX well.
8. ADD carrot and watercress. MIX well.
9. Optional: ADD cayenne pepper or finely chopped red pepper, and sesame seeds.
10. COVER and REFRIGERATE until ready to SERVE

**Variation:**

In place of watercress, use 1 package bean sprouts, 1 package chop suey mix, or cabbage.

**ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.**



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