

# Korean Seaweed Soup

## Ingredients

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1/2 oz Wakame (or 15 grams, dried)  
4 oz Beef Chuck (or 120 grams,  
sliced)  
1/4 t Salt  
0 ds Ground Black Pepper  
1 T Sesame Oil  
2 T Soy Sauce  
1 t Garlic (minced)  
5 c Water

## Instructions

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1. Soak the dried seaweed in cold water for 5 to 10 minutes while allowing it to expand. Drain the water away and rinse the seaweed a couple of times in running water. Drain/squeeze the water out. Set it aside.
2. Combine the sliced beef with the salt and black pepper in a small bowl. Mix them well and set aside until needed.
3. Preheat a medium pot over medium heat (about 20 seconds). Add the sesame oil, seaweed and beef. Stir them well until the beef is partly cooked (about 2 minutes).
4. Add the soy sauce, garlic and water. Cover the pot and boil over medium " medium high heat until the meat is fully cooked (10 to 15 minutes). Adjust the taste with more salt if needed.

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5. Serve warm with a bowl of steamed rice and other Korean side dishes.