

**SINIGANG SOUP**  
**Recipe by RG Enriquez-Diez, Astig Vegan**  
<http://www.astigvegan.com>

Serves 6-8

**INGREDIENTS:**

- 4 tablespoons cooking oil
- 3 medium red onions, peeled and chopped
- 3-5 medium tomatoes, chopped
- 3 tablespoons of sea salt
- 10 cups of rice washing (see note below)
- ¼ cup sour tamarind paste or more to taste (see note below)
- ½ cup - 1 cup vegan mushroom broth, or more to taste (see note below)
- 4 pieces long green chili pepper (“siling pangsigang”) (you can also use poblano, anaheim, or jalapeno)
- 2-3 small taro, peeled and cut into one-inch slices
- 2 medium eggplants, cut into one-inch slices
- small bunch of yard long beans, cut into two-inch slices
- small bunch of okra
- 2-3 cups fried tofu or preferred vegan meat alternative
- 1 bundle onchoy, cut into two-inch slices (you can also use spinach)
- Vegan fish sauce upon serving (optional)

**Note:**

To get rice washing, rinse raw rice grains in water until you have a cloudy liquid. Pour and separate the liquid from the rice grains and set aside your rice washing. Proceed with adding more water to cook the rice in your rice cooker.

For the sour tamarind, you can get Sinigang tamarind powder at Filipino grocery stores and Asian grocery stores, but to make it vegan, use the brand “Mama Sita’s”. Or you can also use tamarind puree (the one used in making pad thai).

For the mushroom broth, I like the brand, “Po Lo Ku” at Asian grocery stores. You can also buy similar brands on the same aisle.

**INSTRUCTIONS:**

1. Heat a large pot over medium heat. Pour oil and mix in onions, tomatoes, and salt. Cook until the tomatoes and onions are soft.

2. Mix in rice washing and put it to a boil.
3. Once boiling, turn down the heat to low-medium heat and mix in the tamarind puree, mushroom broth, chili peppers, taro, and eggplants. Cook until the eggplants are soft.
4. Mix in the yard long beans, okra, and tofu (or preferred meat alternative). Cook until the okra has softened, about 3 minutes.
5. Adjust sourness and saltiness to taste. If it's too sour or salty to your liking, add more water or rice washing. If it's not savory enough, add more salt and/or mushroom broth. If it's not sour enough, add more tamarind paste. To add a fatty flavor, pour a few tablespoons of cooking oil.
6. Once you have achieved your preferred flavors, mix in the greens (on choy or spinach), and cook for another minute. Turn off the heat.
7. Serve hot with steamed rice and vegan fish sauce on the side (optional).

### **Cooking lesson with Menlo Park Library**

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