



JAPANESE VEGETABLE NOODLE SOUP

Servings = 6 · serving size: about 2 cups

10 minutes Prep + Cook Time



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You can throw together this soup faster than you can order Chinese (or Japanese) take-out, and it only costs about \$10 to make the entire meal.

You can, of course, substitute your favorite vegetables in the soup. Serve it with Asian dumplings or eggrolls and with orange slices.

- 64 oz. reduced-sodium chicken or vegetable broth
- 3 Tbsp. reduced-sodium soy sauce (use wheat/gluten-free if needed)
- 3 slices small chunk fresh ginger, (use 3 quarter-size slices fresh peeled ginger)
- 2 cups bok choy or Napa cabbage, sliced
- 2 cups sliced cremini or other mushrooms
- 2 carrots, sliced on the diagonal into thin slices
- 8-16 oz. extra-firm tofu packed in water, diced
- 2 pkgs. (3 oz. each) ramen noodle soup, any variety
- 4 scallions, thinly sliced
- 2 Tbsp. rice wine or mirin, (or use juice of 1/2 lime)

(Start the dumplings or eggrolls first, if you are serving them.) In a stockpot, bring the broth, soy sauce and ginger to a boil over medium-high heat.

Add the bok choy or cabbage, mushrooms, carrots and tofu and cook for about 2 minutes, then add the ramen noodles (discard the flavor packet), stirring with each addition. Reduce the heat, if necessary, to keep the soup at a low boil.

Cook the noodles for 3 minutes, and then add the scallions and rice wine (or lime juice). (Meanwhile, slice the oranges and grapefruit, if you are serving them.) Cook for 1 more minute until everything is heated through, and serve it immediately.

Do Ahead or Delegate: Slice the bok choy, carrots and scallions, and dice the tofu.

Scramble Flavor Booster: Add a few drops of sesame oil or hot chili sesame oil into each bowl at the table, or stir a handful of fresh cilantro, mint or basil into the soup before serving.

Tip:

Bok choy and Napa cabbage are usually interchangeable in Asian recipes.

SERVE WITH ASIAN DUMPLINGS OR EGG ROLLS & ORANGE SLICES

Prepare the dumplings or egg rolls according to the package directions. For the dumplings, make a dipping sauce, if desired, with 1/4 cup reduced-sodium soy sauce, 1 Tbsp. rice vinegar, and 1 tsp. superfine sugar. Add 1 Tbsp. finely chopped scallions or chives (optional). If you are using egg rolls, serve them with duck sauce and/or Chinese mustard.

Cut 3 - 6 oranges into wedges for serving.

Nutritional Information per serving (% based upon daily values)

Calories: 170; Total Fat: 7g, 11%; Saturated Fat: 2g, 8%; Cholesterol: 10mg, 3%; Sodium: 590mg, 25%; Total Carbohydrate: 16g, 5%; Dietary Fiber: 2g, 8%; Sugar: 7g; Protein: 13g

Nutritional Information per serving with sidedish (% based upon daily values)

(2 dumplings & 1 orange)

Calories: 281; Total Fat: 10g, 15%; Saturated Fat: 3g, 12%; Cholesterol: 19mg, 6%; Sodium: 747mg, 32%; Total Carbohydrate: 34g, 11%; Dietary Fiber: 5g, 17%; Sugar: 15g; Protein: 19g

