

Savory Noodle Soup

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving size: 1 cup

Ingredients	Quantity	Measure
Vegetable broth, divided	3	quarts
Soy curls*, Butler brand	8 ounces (1 package)	
Onion, diced	½	cup
Garlic, diced	3	cloves
Carrots, sliced or diced	2	cups
Celery, sliced or diced	1	cup
Bay leaves	2	each
Italian seasoning	2	Tbsp.
Nutritional yeast	½	cup
Salt	1 ½	tsp.
Black pepper	½	tsp.
Pasta of choice (eggless)	1	pound

Preparation

1. Prepare soy curls by heating 1 quart of vegetable stock then adding dried soy curls to the stock. Let soak for 10 minutes until tender. Drain soy curls and set aside.
2. In a nonstick pan, heat onion over medium heat. Stir continuously and add 1-2 Tbsp of vegetable broth as needed to deglaze and keep from sticking. Add garlic, carrots, and celery. Sauté until carrots are almost cooked through (about 10 minutes), adding 1 Tbsp vegetable broth as needed to keep from sticking.
3. Transfer sautéed vegetables to a large pot and add the remaining vegetable broth (approx. 2 quarts). Stir and add bay leaves, Italian seasoning, nutritional yeast, salt and pepper. Stir and cover. Simmer on low heat for 40 minutes.
4. Meanwhile, cook pasta according to package directions. Drain and add to soup pot. Add soy curls and continue to simmer over low heat for another 20 minutes or until vegetables are tender. Taste for seasoning and adjust as desired.

Variation

*Packaged vegan chicken can be used in place of soy curls



Savory Noodle Soup Continued

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Nutrition Information *From USDA Nutrient Database

Calories: 167 Total Fat: 1.7g Saturated Fat: 0.1g Monounsaturated Fat: 0g Polyunsaturated Fat: 0.3g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 28.7g Fiber: 4.6g Total Sugar: 5.3g Protein: 9.1g
Sodium: 1513.8mg Vitamin A: 258µg Vitamin C: mg Calcium: 24mg Iron: 1.7mg Folate: 14µg

