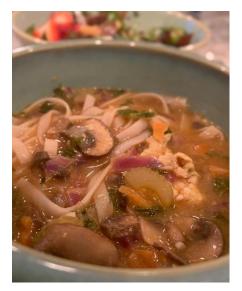
Vegetable Udon Noodle Soup



PREP TIME: 10 minutes

COOK TIME: 20 MINUTES

TOTAL TIME: 30 minutes

Author: Christi Davis Recipe type: Gluten Free / Dairy Free Yield: 5-6 Servings

Ingredients:

- 2 TBSP Olive Oil
- ¹/₄ Cup Red Onion Chopped
- 3-4 Garlic Cloves Minced
- 1 Cup Red Cabbage Sliced Thin
- 1 Cup Carrots Chopped
- 1 Cup Celery Sliced Thin
- 1 ¹/₂ 2 Cups Kale Roughly Chopped
- 1 ¹/₂ Cups Portabella Mushrooms Sliced Thin
- 6 Cups Organic Vegetable Broth
- ¹⁄₂ Teaspoon Himalayan Sea Salt
- 1 Teaspoon Ground Ginger
- 1 ¹/₂ TBSP Tamari Sauce
- 1 Egg Whisked
- 7-8 oz. Package Brown Rice Udon Noodles

Instructions:

- 1. In a large soup pot, add 1 TBSP olive oil and warm up.
- 2. Add onion and cook 5 minutes. Add garlic and cook another minute.
- 3. Next add the cabbage, carrots and celery. Let cook down for 5 minutes.
- 4. Then add another TBSP of olive oil. Add in kale and mushrooms.
- 5. Season veggies with salt and ginger.
- 6. Add broth and Tamari. Let simmer for 10-15 minutes.
- 7. In the meantime, start boiling water for noodles. Prepare according to directions on package.
- 8. Once soup begins to come to slow boil, add whisked egg and gently stir soup until egg is completely cooked through.
- 9. Portion about ¹/₂ cup of the noodles into each bowl. Ladle the soup over noodles. Stir & enjoy.

*Try and use all organic ingredients if possible.