

Vegetable Udon Noodle Soup



PREP TIME:
10 MINUTES

COOK TIME:
20 MINUTES

TOTAL TIME:
30 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 5-6 Servings

Ingredients:

- 2 TBSP Olive Oil
- ¼ 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 ½ - 2 Cups Kale – Roughly Chopped
- 1 ½ Cups Portabella Mushrooms – Sliced Thin
- 6 Cups Organic Vegetable Broth
- ½ Teaspoon Himalayan Sea Salt
- 1 Teaspoon Ground Ginger
- 1 ½ 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 ½ cup of the noodles into each bowl. Ladle the soup over noodles. Stir & enjoy.

***Try and use all organic ingredients if possible.**

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