



ASIAN NOODLE SOUP

PREPARATION: 12 MINUTES

COOKING: 15 MINUTES

6 SERVINGS

INGREDIENTS

- 4 cups no salt added chicken broth**
- 2 tablespoons fresh ginger, peeled and finely chopped**
- 2 cups extra firm tofu, cut into 1/2 inch cubes**
- 2 teaspoons low sodium soy sauce**
- 1 teaspoon garlic chili paste**
- 1 tablespoon rice vinegar**
- 1 cup green onions (approximately 4 whole)**
- 3/4 cup celery, thinly sliced**
- 1/4 cup red pepper, thinly sliced**
- 1 1/2 cups green cabbage, thinly sliced**
- 2 tablespoons extra virgin olive oil**
- 1 teaspoon sesame oil**
- 175 grams vermicelli rice noodles (uncooked)**
- 1/2 cup fresh cilantro, chopped**
- 1 tablespoon lime juice**
- Fresh ground pepper to taste**

Nutrient Analysis

PER SERVING (1/6 of recipe)

Renal exchange:

2 Protein + 2 Starch + 1 Vegetable

Calories **240Kcal**

Protein **16g**

Carbohydrates **30g**

Fiber **2g**

Total Fat **12g**

Saturated Fat **2g**

Cholesterol **0mg**

Sodium **191mg**

Potassium **328mg**

Phosphorus **172mg**

Note: The leftover cabbage can be used in our Asian slaw recipe which you can find on our website www.myspiceitup.ca. Leftover soup can be reheated within 2 days.

PREPARATION

- 1** Heat the broth.
- 2** In a small bowl, combine ginger, tofu, soy sauce, chili paste and vinegar to marinate the tofu.
- 3** Slice green onions. Separate the white from the green slices and set aside.
- 4** Combine the celery, green slices of green onions, red pepper and cabbage in a bowl.
- 5** Heat a large pot or deep wok style pan for two minutes on medium-high heat. Add the olive oil and the sesame oil and fry the white slices of the green onions until they are brown and somewhat crisp but not burnt.
- 6** Turning the heat down to medium, add the tofu and its marinade, stirring to coat well while cooking for 2 minutes.
- 7** Add all the vegetables from step 4 and continue to cook for another 2 to 3 minutes.
- 8** Add the hot broth to the vegetables, turn up the heat and bring to a boil quickly, add the rice noodles and cook for two minutes.
- 9** Turn off heat and stir in cilantro and lime juice and season with fresh black pepper to taste.