

TOFU NOODLE SOUP

From the Kitchen of: Amy Fritz, Community member

Preparation Time: 15 minutes | **Cook Time:** 40 minutes | **Yield:** 8-12 bowls

Common Allergens: Soy, Sesame

This soup, created by recipe contributor, Amy Fritz, is a fusion of Amy's mother's chicken noodle soup recipe, and the bean curd soup that Amy enjoys from Chinese restaurants.

"As a vegetarian I missed my mom's chicken noodle soup, which was made with egg noodles. I first made this recipe with egg noodles but started to have problems with gluten. I switched to rice noodles, and this became a quick family favorite. Even those who do not like tofu like this soup," says Amy.

INSTRUCTIONS:

- Into a large, 6-to-10-quart stock pot over high heat, 2/3 full of water, add the vegetable stock base, water chestnuts, and bamboo shoots/baby corn. Bring this to a boil.
- Once boiling, add the celery and carrots. Return to a boil, then simmer for 15 minutes.
- Add the tofu, spices, oil, and soy sauce. Stir and bring the soup to a full boil.
- Add the rice noodles and simmer for 8 minutes (or cooking time printed on package), adding the scallions in the last 2 minutes of cooking time.

NOTES:

- Your rice noodles may soak up some of your soup liquid! To avoid this, you can either add more liquid or cook the noodles separately, adding them into the broth when serving.

DID YOU KNOW?

Baby Corn is the sweet, immature version of full-sized corn cobs. Baby corn is harvested by hand while the corn is still immature - after the silks have emerged and before the plant has been pollinated. Most baby corn commercially available in the U.S. was grown in Thailand, and comes in a jar or can due to its short shelf life.

However, if you want fresh baby corn, the good news is that you can easily grow it in your home garden! Just harvest your sweet corn no more than a few days after the silks have emerged from the husk.

INGREDIENTS:

- 1 heaping Tablespoon of vegetable stock base
- 8 ounces sliced water chestnuts
- 8 ounces bamboo shoots or baby corn
- 3 stalks celery, sliced
- 3 carrots, sliced
- 16 ounces tofu, cubed
- 1/2 teaspoon white pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1 Tablespoon sesame oil
- 1/3 cup soy sauce
- 14-16 ounces wide rice noodles
- 6 scallions (green onions), sliced

