

# Noodle Soup – Vegan

Prep Time: 10 minutes  
Cook Time: 20 minutes  
Total Time: 30 minutes

Serving Size: 6  
Calories per serving: 147  
Fat per serving: 0

## Ingredients

- 1 (5 1/2-ounce) package Chinese noodle
- 3 green onions, chopped
- 6 cups vegetable broth, Trader Joe's Low Sodium
- 2 tablespoons low sodium soy sauce
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground ginger root

## Instructions

1. In a large soup pot place vegetable broth, soy sauce, garlic and ginger. Boil over high heat for about 5 minutes.
2. Add noodles and onions, keep cooking for about 8-10 minutes. Stir frequently and reduce heat.
3. Cook until noodles have softened.

## Notes

Nutrition facts (per serving): Calories: 147, from fat: 0, total fat: 0g, cholesterol: 0mg, sodium: 320mg, total carbohydrate: 30g, fiber: 1g, sugar: 4g, protein: 4g.