

One-Pot Peanut Noodles: 2 Ways!



PREP TIME

5 mins

COOK TIME

12 mins

TOTAL TIME

17 mins



COURSE

Dinner, Gluten Free, Lunch



SERVINGS

4 servings

CALORIES

238 kcal

INGREDIENTS

- 2½ cups vegetable broth
- 1 bag frozen Asian stir-fry vegetables
- 6 oz extra firm tofu, cubed
- 2 cloves garlic, minced
- 1 inch fresh ginger, minced
- 3 tsp sriracha
- 3 tbsp soy sauce
- 2 tsp lemon juice
- 2 tbsp maple syrup
- 6 oz rice noodles HIGH CALORIE VERSION
- 4 oz black bean noodles LOW CALORIE VERSION
- 3 tbsp Peanut Butter HIGH CALORIE VERSION
- 4 tbsp PB2 LOW CALORIE VERSION

INSTRUCTIONS

1. In a large stock pot over medium heat add veggie broth, garlic, ginger, sriracha, soy sauce, lemon juice, maple syrup and EITHER peanut butter (high calorie version) or PB2 (low calorie version) and whisk it in.
2. Add frozen vegetables, cubed tofu and either rice noodles (high calorie version) or black bean noodles (low calorie version). Mix everything together well.
3. Cover pot and let simmer for 12 minutes.
4. Optional: Top with peanuts and scallions to serve!

NOTES

High Calorie Version: 350 calories / 54.3c / 9f / 15p / 4.3 fiber

NUTRITION

Nutrition Facts

One-Pot Peanut Noodles: 2 Ways!

Amount Per Serving	
Calories 238	Calories from Fat 36
% Daily Value*	
Fat 4g	6%
Carbohydrates 28.2g	9%
Fiber 10.2g	43%
Protein 24g	48%

* Percent Daily Values are based on a 2000 calorie diet.

Tried this recipe?

Let us know how it was!