

Chick-n Noodle Soup



TOTAL TIME

30 mins



COURSE

Dinner, Lunch, Snacks



SERVINGS

7 serving

CALORIES

313 kcal

INGREDIENTS

- 1 $\frac{3}{4}$ Tbsp olive oil
- 2 medium onion diced
- 4 sticks celery diced
- 4 medium carrots diced
- 4 cloves garlic crushed
- 1 tsp dried thyme
- 2 $\frac{1}{3}$ c plain seitan diced; or use super firm tofu for gluten free
- 14 c vegetable stock
- 1 box Banza spaghetti broken
- Large handful parsley chopped
- Salt & pepper to taste

INSTRUCTIONS

1. Heat olive oil in a large soup pot on medium heat.
2. Add onion and celery and cook for 5 minutes until translucent.
3. Add carrots, garlic, thyme, seitan and stock, and bring soup to a boil.

- 4. Reduce heat and cover pan, letting it simmer for 10 minutes.
- 5. Add broken Banza spaghetti noodles and parsley, and cook for another 7 minutes until noodles are soft
- 6. Season well with salt and pepper, and serve in bowls with fresh bread.

NUTRITION

Nutrition Facts	
Chick-n Noodle Soup	
Amount Per Serving (1 serving)	
Calories 313	Calories from Fat 72
% Daily Value*	
Fat 8g	12%
Carbohydrates 33g	11%
Protein 30g	60%
* Percent Daily Values are based on a 2000 calorie diet.	



KEYWORD
gluten free, soy-free

Tried this recipe?
Let us know how it was!