

Chick-n Noodle Soup



TOTAL TIME

30 mins



COURSE

Dinner, Lunch, Snacks



SERVINGS

7 serving

CALORIES

313 kcal

INGREDIENTS

- 1 ¾ Tbsp olive oil
- 2 medium onion diced
- 4 sticks celery diced
- 4 medium carrots diced
- 4 cloves garlic crushed
- 1 tsp dried thyme
- 2 ⅓ 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!