

Ramen Noodle Soup

Recipe by Jentry Lee Hull

vegan, gluten-free, dairy-free

Yields 6 servings

RAMEN INGREDIENTS

- 2 tsp avocado oil
- 1 Medium yellow onion, chopped/small dice (1/4 inch)
- 4 Cloves garlic, minced
- 1 Jalapeño, seeded and diced (optional)
- 2 Tbsp ginger, minced (I use Ginger People; available at WF and Sprouts)
- 2, 32 fl oz packages Ramen Broth (Ocean's Halo; available at Whole Foods, Safeway and Amazon)
- 4 Carrots (about 2 cups worth), peeled and sliced
- 1 Lb Shiitake mushrooms, trimmed and sliced
- 1 cup Sweet white corn (frozen)
- 1 Lb Broccoli (about 3 stalks), trimmed and cut into florets
- Baked Tofu, see recipe below
- 1 Package traditional Ramen Noodles or GF Rice Noodles (Ocean's Halo; available at Whole Foods, Safeway and Amazon), cooked according to package directions

GARNISH INGREDIENTS

- Cilantro, pinch for garnish
- 1 Lime, juice for garnish
- 1/4 cup Green Onion, sliced, for garnish

BAKED TOFU INGREDIENTS

- 1, 16oz package Super Firm Tofu, cut into cubes (Wildwood Foods; available at Whole Foods and Trader Joe's under generic label)*
- 2 Tbsp Tamari
- 2 Tbsp Coconut Aminos
- 1 tsp Garlic granules
- 1 tsp Cayenne
- 1 tsp Hot Sauce

RAMEN METHOD

- In a large stock pot over medium heat, sauté onion in oil for about 5 minutes.
- Add minced garlic, diced jalapeño, and minced ginger. Stir and cook for 1 minute, being careful not to burn.
- Add both packages of Ramen Noodle Broth.
- Turn up heat to high-medium, partially cover and bring to a gentle boil.
- Add carrots, shiitake mushrooms, corn, and leftover marinade from tofu (*see below).
- Reduce heat to low-medium and simmer for another 15-20 minutes.
- Adjust seasonings to taste.

- Add broccoli and cook for about 3-5 minutes, or until broccoli is bright green and slightly crunchy.
- Meanwhile, cook noodles according to package directions.
- Drain noodles using a strainer.
- Add noodles, and baked tofu to serving bowls. Top with ramen broth and garnishes.
- Serve hot and enjoy!
- For any leftovers, let them cool before storing in an airtight container in the fridge for 3-5 days.

BAKED TOFU METHOD

- Toss tofu cubes in bowl with remaining ingredients. Let sit for ***at least 30 minutes***, or overnight if possible.
- Once tofu is marinated, preheat oven to 375 degrees F.
- Line baking sheet with parchment paper or silicon mat.
- Use a slotted spatula or spoon to transfer tofu cubes to baking sheet, shaking off excess marinade as you go.
- Keep remaining marinade for soup.*
- Bake tofu for 25-28 minutes, or until golden brown and crisp around the edges, turning halfway through.

Nutrition Facts

Servings 6.0

Amount Per Serving

calories 351

% Daily Value *

Total Fat 9 g **14%**

Saturated Fat 1 g **3%**

Monounsaturated Fat 2 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 1516 mg **63%**

Potassium 645 mg **18%**

Total Carbohydrate 62 g **21%**

Dietary Fiber 8 g **30%**

Sugars 8 g

Protein 16 g **33%**

Vitamin A **148%**

Vitamin C **121%**

Calcium **9%**

Iron **9**