

Andrea's Asian Soup



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What You Need

1 tsp. vegetable oil
2 cloves minced garlic
1 tbsp. minced ginger root
4 green onions, chopped
1/8 tsp. red pepper flakes (or more!)
8 cups chicken broth
1 tbsp. fresh lime/lemon juice
2 tsp. fish sauce

This colorful nutritious soup is a great meal in one when you have leftover grilled chicken to use up

Makes 6 Servings

2 tsp. soy sauce
2 tsp. sesame oil
2 cups cooked egg noodles or rice vermicelli noodles
2 Boneless skinless chicken breasts, diced and cooked (~12 oz.)
1 cup sliced mushrooms
1 cup halved snap/snow peas
1 yellow/red/orange pepper
Optional: for more spice add hot sauce!

How You Prepare

In a large pot cook the first 5 ingredients together. Add the rest of the ingredients and heat. Serve and enjoy!

Per Serving

Calories 242
Carbohydrates 21 g
Protein 25 g
Fat 6 g
Dietary Fiber 2 g