

# Don't-miss-the-Chicken Noodle Soup

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Hearty and delicious, this 100% plant-based recipe will cure what ails ya! Featuring flavorful broth, savory chunks and of course the all the noodley goodness you could wish for, this traditionally inspired recipe is sure to be a hit among herbivores and carnivores alike!

For a gluten-free option, substitute rice or potatoes in the soup. If you don't mind eggs, egg noodles or even homemade dumplings won't lose their integrity when stored IN the soup.

## Tofu (Prep day before)

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You're gonna need:

- one block of extra firm tofu
- About a cup or so of neutralish cooking oil
- **Some spices and seasoning** (If you can find a no-chicken chicken seasoning, this works GREAT! Otherwise, I recommend some rosemary, thyme, parsley, a tiny bit of sage, SALT, and paprika (smoked if you have it) You can supplement your no-chicken seasoning with these as well.

Dehydrate the tofu: Place the block between two flat surfaces and place something heavy (6-7 lbs at most) on top. Wait at least 30 minutes, then drain off the water.

Cut the tofu in half, along a plane parallel to the ground (like a sandwich bun) then place each half side by side on top of a towel. Fold the towel over the tofu, so that there's towel above and beneath and gently press down on each half to absorb the water and pull it out of the tofu.

Mix your seasoning together on a plate, and press each surface of the tofu into the seasoning.

Place the tofu in a container not much bigger than the tofu block and cover with oil. Let it marinate at least four hours, but preferably overnight. If your tofu isn't quite covered, try to flip the container upside down at some point.

When you're ready to make the soup, pull the tofu out of the oil, and SAVE THE OIL. You don't need it for the soup, but that's some nicely seasoned oil now, and you can use it to saute some veggies, or as a base for a salad dressing or something. I don't recommend it for heavy frying as you'll burn the spices in it

To cook it for the soup, cut your tofu into bite-size chunks and throw it straight in a frying pan. It's soaked in oil, so you don't need to add anything. Turn the burner to Medium-High heat and toss the tofu around until it's getting golden-brown and crispy all over. Turn off the heat and set it aside.

# The Soup!

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- 2 Tbsp Oil
- ½ Large Onion, diced
- 2 Medium Carrots, chunks
- 2-3 Large Celery Stalks, chunks
- 4 Cloves of Garlic (Minced or Pressed)
- 2 Jalapeños (optional!)
- 2 Tbsp of Dried Parsley
- 1 Tbsp Dried Thyme Leaves
- 1 tsp Rosemary leaves (crush or chop first if not powdered)
- 1 tsp Dried Sage (Crush if not powdered)
- Dash of Cayenne Pepper (to taste)
- Dash of Black Pepper
- 6 Cups Vegetable Broth
- Can of Chickpeas or Other Bean (optional!)
- Salt to Taste
- ½ Lb Fresh Green Beans, (pieces 1 in long)
- 12 oz Pasta Cooked Al Dente (slightly chewy, We're going to be storing this separately from the soup, so if you just make a 1 lb box you can use the leftovers in something else. Use whatever shape you want, but long pasta is not recommended.)

Start by sautéing your **onion**, **carrot**, and **celery** together in the **oil** over medium heat. When this gets slightly tender, add the **garlic** and **jalapeño** and sauté for another minute or two. Add your **herbs** and **spices**, (no salt yet) incorporate, then top it off with the broth. If you're adding beans, add them now too.

At this stage, you can let the soup simmer for up to an hour to make your broth extra flavorful. Taste it to make sure it's **salty** enough. Some broths will already be good to go, others may have no added salt and will need A LOT.

I happened to have zucchini broth (just leftover from boiled zucchini with some Italian spices) that gave mine the light color you see in the pictures. Yours is likely to be darker and a little redder if you're using regular vegetable broth or Better than Bouillon

In the meantime, you can cook your **pasta**. Make sure to salt the pasta water.

When you're about 10 minutes away from the end of your simmering time, add your **green beans** and sautéed **tofu**.

That's it! Your soup is ready to enjoy. Add the **pasta** to each individual bowl when you're ready to eat.

I REPEAT: store your pasta separately, do not add it to the soup pot. Regular dry pasta (containing no egg) will get mushy when left in liquid, absorb way too much water, and could turn the whole thing into pasta jello... I've had that happen with some stellini... It's not what we're going for, so only add it when you eat it.

## Optional Toppings:

- French's crispy onion topping (guilty pleasure of mine, I may or may not eat them like chips)
- Fresh parsley
- Hot Sauce (recommend tabasco)
- Fresh green onions