

Jill's Joyful Kitchen



“Chick’n” Noodle Soup

2 celery stalks, sliced
1 carrot, diced small cubes
1/3 cup onion, chopped
½ teaspoon sea salt
7 cups water
1 vegetable bouillon cube
1 bay leaf
¼ teaspoon onion powder
¼ teaspoon dried parsley
1/8 teaspoon poultry seasoning
1/8 teaspoon black pepper
1 ½ cup dry soy curls*
5 ounces fettuccini or linguini noodles (break in half)
Fresh parsley, chopped for garnish

Dry sauté the onions in a pot over medium heat for 5-6 minutes. Add the celery and carrots and cook another 3-4 minutes until soft. Add the salt, water, bouillon, bay leaf, onion powder, parsley, poultry seasoning, and pepper and bring to a boil, then turn down to simmer for 5 minutes. Add the noodles and maintain a low boil and cook for 7 minutes, stirring occasionally to make sure the noodles do not stick to the bottom of the pan. Add the soy curls and cook another 6-8 minutes until the noodles are done. Garnish with freshly chopped parsley if desired.

* you may substitute your favorite veggie “chicken” product, i.e., Beyond Meat Chicken-Free Strips (diced into one-inch cubes), Gardein Chick’n Strips (diced).

