

GINGER VEGGIE SOUP

On those bone-chilling days, this healing soup will warm and fuel your body with nourishing and wholesome ingredients.

| SERVINGS | SERVING SIZE | TIME TO MAKE |
|----------|--------------|--------------|
| 6 | 1 1/2 cups | 35 MINUTES |

INGREDIENTS

- 1-2 Tablespoons Olive Oil
- 6 cloves Garlic, minced
- 2-3" ginger, shredded
- 1/2 Sweet Onion, thinly sliced
- 2-3 cups of varied vegetables, sliced (I used mushroom, carrots, broccoli, bell peppers, tomatoes, summer squash)
- 1 lime, zest
- 1 lime, juiced
- 1-2 cups broth, if you used chicken or beef broth, it will not be vegetarian or vegan
- 1/2 can coconut milk with cream
- 1 teaspoon dried basil
- Salt and Pepper
- 1 package of Rice Noodles

Garnishes

- Fresh jalapenos, sliced if desired
- Lime wedge
- Cilantro
- Basil
- Chili paste/oil

DIRECTIONS

1. In a large stock pot, sauté on medium heat olive oil with garlic, ginger and onion. Add a dash of salt, pepper and dried basil. Lightly stir and sauté for about 5 minutes or until tender and onions softened.
2. Add desired sliced vegetables and stir, allowing oil to coat them. Let sauté for about 2-3 minutes, until you really smell the release of these gorgeous foods.

3. Add broth, lime zest and juice. If you need more broth to cover all the vegetables, add more. You may need to increase the salt and pepper, but wait to do this until later in the cooking process or at the end of the meal (you can always add salt, but can't take it away).
4. Add the coconut milk, cover and allow to soften for 15 minutes.
5. Meanwhile, cook the rice noodles according to the package. I like to cook them in boiled water for 4 minutes, strain and then rinse in cold water to stop the cooking process. However, this can vary depending on the brand, so be mindful of how you like your rice noodles.
6. Taste the soup, if you need more salt, you can do so now. If the vegetables are tender and to your liking, turn off stove and start prepping the dish.
7. Take some of the rice noodles and place in a bowl. Ladle soup with veggies into a bowl.
8. Garnish with desired goodies
9. Enjoy!

Nutritional Information per serving: 242 Calories, 8 grams Fat, 4 gram Saturated Fat, 0 mg Cholesterol, 536 mg Sodium, 39 grams Total Carbohydrates, 5 gram Fiber, 7 grams Sugar, 5 grams Protein, 186% Vitamin A, 52% Vitamin C, 6% Calcium, 17% Iron