

“Chicken Noodle Soup”



INGREDIENTS:

- ◆ 25ml 1 cup Chopped onions
- ◆ 15ml 1 Tbsp Minced garlic
- ◆ 2 L 8 cups water
- ◆ 1 L 4 cups Diced potato
- ◆ 1 L 4 cups Thinly sliced carrots
- ◆ 50ml 2 cups Diced tofu (frozen to change texture)
- ◆ 45ml 3 Tbsp. McKay's Chicken Style Seasoning or nutritional yeast
- ◆ 15ml 1 Tbsp Dried parsley
- ◆ 5 ml 1 tsp salt
- ◆ 1 1 Crumbled bay leaf
- ◆ 25ml 1 cup (4oz) Broken Vermicelli or eggless noodles (available at Bulk Barn)

DIRECTIONS

STEAM onions and garlic in a small amount of water. **ADD** remaining ingredients except the pasta and cook until the vegetables are almost done. **ADD** pasta. **COOK** until done.