

Asian Vegetable Noodle Soup

- 4 cups George Washington Broth
- ½ tsp sesame oil
- 2 medium carrots, peeled and thinly sliced (122 g)
- 2 medium celery stalks, thinly sliced (80 g)
- 1 large clove garlic, peeled and grated (3 g)
- 1 tsp grated ginger root
- 1/8 tsp. red pepper flakes (or to taste)
- 10 g dried shiitake mushrooms, reconstituted (approx. ½ cup dried, ¾ cup reconstituted)
- ½ cup bamboo shoots, thinly sliced (60 g)
- 2 fresh plum tomatoes, cored and diced (60 g)
- 2 oz rice noodles, dried (approximately ½ cup reconstituted)
- 1 Tablespoon chopped cilantro (optional)

1. Reconstitute rice noodles and mushrooms according to package directions. (Noodles: soak in water for 1 hour or more, drain. Mushrooms: add dried mushrooms to boiling water, soak at least several minutes until soft; slice if desired.)
2. In large saucepan, bring broth to a boil.
3. Add carrots, celery, garlic, ginger, red pepper flakes, and mushrooms. Reduce heat and simmer for 5 minutes, or until carrots are tender-crisp.
4. Add tomatoes and noodles to pot. Simmer until heated through.
5. Garnish with chopped cilantro and/or additional red pepper flakes, if desired.

Variations:

- Add rice vinegar for a hot & sour soup (approximately 2 Tablespoons, or to taste)
- Add other vegetables: Chinese cabbage (1 cup shredded – 30 mg phe), green onions (1 Tablespoon chopped – 3 mg phe), white mushrooms (1 cup sliced – 60 mg phe)

Per recipe: 300 mg phe
Per ½ cup serving: 25 mg



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March 2014