

HOT AND SOUR ASIAN SOUP WITH NOODLE

This soup is my own recipe. It came about on a cold day and I wanted soup. I was also trying to lose weight. So I just opened my pantry and started pulling ingredients that I thought would go well together. The first time I made this it was not as good, but I kept at it and now it's ready for primetime.

I love hot and sour together and when I need a soup to warm me up (with temperature and spice) and fill me up, I make this. Do not be intimidated by the number of ingredients. Most of these are staples in my house so you may find other uses for many if they are not in your pantry.

Since it is low calorie it can be a meal for 1 if you are a big eater or divide it up for two.

INGREDIENTS

- 1 14.5 oz. can Fat Free reduced Sodium Chicken Broth
- Water, (fill broth can 3/4 full)
- 1/3 cup Lemon Ponzu (found where you buy soy sauce)
- 2 Tbsp Rice Vinegar (plain)
- 2 Tbsp Worcestershire Sauce
- 2 Tbsp Lemon Juice
- 1/2 tsp Ground Turmeric
(if fresh - about 1/2" - peeled, crushed and chopped)
- 1 tsp Ginger, crushed (if fresh 1" - peeled, crushed and chopped)
- 1 tsp Garlic, crushed (1 clove if fresh - peeled, crushed and chopped)
- 3/4 tsp Vietnamese Chili Garlic Sauce

- 1 brick Ramen Noodles (plain - no seasoning packet needed)*

- 2 pcs Korean BBQ Pork Jerky** Sliced into thin strips about 1/8" wide by 2-3 inches long.

- 12 pcs Snow Peas
- 3/4 cup Shredded carrots

- Salad Greens*** I use Pepper Greens and Baby Arugula.
(salad section of the grocery)

Cilantro for garnish
large wedge of lime
Sweet Thai Chili Sauce

Pour the chicken broth into a 2 or 3 quart sauce pan. Fill empty broth can 3/4 full of water and add to pan. Add rice vinegar, Worcestershire Sauce, lemon juice, turmeric, ginger, garlic and chili garlic sauce. Bring to a boil then add Ramen Noodles. After 1 minute add the jerky. After another minute add the carrots and snow peas. Cook for another 2 minutes until ramen are cooked.

While cooking noodles fill your serving bowl with your salad greens. I put in a large handful of Pepper Greens and a small handful of Arugula. You can use more or less to your desire.

When the noodles are cooked and soup is ready, remove from heat. Pour the soup over greens to wilt.

Add several tender stems of cilantro for garnish, Add a drizzle or two across the bowl surface with Sweet Thai Chili Sauce and squeeze the lime wedge onto soup.

Grab you chop sticks and a spoon and dig in.

Notes:

I do not add any salt because there is plenty of sodium in the ponzu and the Worcestershire Sauce for me. Use salt at your own preference

To make this soup vegetarian just use a vegetable or mushroom broth and leave out any meat.

You can also add or replace with others any veggies you want. Just make sure that they are shredded like the carrots so it will cook quickly. You could had bamboo stems, baby corn, assorted mushrooms.... what you like.

* You can substitute with any Asian noodle. Be sure to follow cooking instructions for the noodle. Or leave out the noodle for an even lower calorie soup.

**I get this jerky at Costco. I imagine it will be hard to find. You can substitute with any jerky, or left over roasted chicken breast or any other already cooked meat.

*** I buy Pepper Green and Baby Arugula for my salads. That is why I also use in this soup. You could also use baby spinach or baby kale. I would not used a plain mixed greens salad. You want leaves that have some tooth to them so they can wilt but will have a tooth to them.