

Vegan Thai Noodle Soup

Recipe By Kelly Cohen



Cooking and Prep:  50
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Serves:  4

Contains:   

Preference: Parve

Creamy spicy Asian soup, served with noodles.

Difficulty: Easy

Diet: Vegetarian, Vegan,
Pescetarian, Low Carb, Sugar

Free

Cuisines: Thai, Asian

Ingredients (16)

Thai Noodle Soup

- 1/2 bottle [Heaven & Earth Carrot and Ginger Juice](#)
- 1 leek, white parts only, washed and sliced
- 2 red onions, peeled and thinly sliced
- 1 large chunk of fresh ginger, peeled and thinly sliced
- 1 tablespoon avocado oil

- 13.5 ounces full-fat coconut milk
- 2 tablespoons curry powder
- 1 tablespoon miso paste
- 1 lime, juiced
- 8 ounces bella, enoki or shiitake mushrooms, washed
- 4–6 ounces soba or udon noodles, cooked according to packaging
- salt, to taste
- pepper to taste

Garnish

- scallions
 - sesame seeds
 - lime wedges
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Start Cooking

Prepare the Soup

1. In a large pot, add the avocado oil, onions, and leeks. Cook on medium heat for five minutes until softer.
2. Turn the heat medium-low and add Heaven and Earth juice, curry powder and one cup of water.
3. Add the miso paste, lime, and fresh ginger to the pot. Season with salt and pepper.
4. Cover and let simmer for 10 minutes.
5. Add the coconut milk and the mushrooms. Cover and leave on low heat for 20 minutes.
6. Using four individual serving bowls, place a serving of noodles in each bowl. Pour two to three ladles of the Thai soup preparation for each bowl. Garnish with scallions, sesame seeds and lime wedges. Serve hot.

Note:

Can be kept refrigerated for five days.