

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**Thai Noodle Soup
Makes 4 servings**

There's no need to spend long hours over a soup pot. This is a great one-pot meal that makes serving dinner a snap. For the adventurous cook, try adding star anise and sesame oil for extra flavor.

Ingredients:

1 tablespoon coconut oil **or** canola oil
1 medium carrot, peeled and julienned
1 cup sliced mushrooms
1 small red pepper, julienned
2 cloves garlic, minced (about 2 teaspoons)
1 tablespoon minced ginger
4 cups low-sodium vegetable **or** chicken broth
2 cups sliced bok choy, stems and leaves separated
2 tablespoons low-sodium soy sauce
Zest and juice of 1/2 lime
1 star anise (optional)
1/2 teaspoon sesame oil (optional)
3 ounces brown rice noodles, dry
2 scallions, sliced
2 tablespoons chopped fresh cilantro

Directions:

1. Heat oil in a stock pot over medium-high heat. Add carrots, red pepper, and mushrooms and saute 5 minutes until softened.
2. Add garlic, ginger, bok choy stems and saute 2 minutes.
3. Add broth, soy sauce, lime zest and juice, star anise and sesame oil (if using). Bring to a boil, reduce heat, simmer 5 minutes.
4. Add noodles and bok choy leaves and simmer another 5 minutes.
5. Remove and discard star anise, if using. Place soup in serving bowls. Garnish with scallions and cilantro.

Nutritional Information per serving:

Calories: 214	Carbohydrates: 24g
Total Fat: 7g	Cholesterol: 0mg
Saturated Fat: 1g	Dietary Fiber: 3g
Sodium: 376mg	Protein: 8g