

MASON JAR VEGETABLE NOODLE SOUP

Yields – 1 serving

INGREDIENTS:

1 tsp powdered vegetable bouillon powder (I like Harvestsun Organic bouillon powder)
⅛ tsp brown sugar
⅛ tsp chili garlic sauce (Sambal Oelek)
¼ tsp pureed ginger
¼ tsp pureed garlic
1 Tbsp sliced green onion
¼ cup julienned carrot
¼ cup chopped sugar snap peas
¼ cup chopped broccoli
¼ cup shelled edamame, thawed
½ cup cooked noodles (I like King Soba pumpkin, ginger & rice noodles)
1 cup very hot boiled water
2 tsp low sodium tamari
2 Tbsp chopped cilantro, optional
½-1 Tbsp lime juice, optional

DIRECTIONS:

1. Place bouillon powder, brown sugar, chili garlic sauce, ginger, garlic, green onion, carrot, snap peas, broccoli and edamame into the bottom of a 500 ml mason jar.
2. Add the noodles on top. Secure lid and refrigerate until ready to eat.
3. When ready to eat, pour 1 cup boiling water into the jar, cover tightly and shake really well. Watch out the jar will be hot! Let sit for at least 5 minutes.
4. Carefully open jar and pour into a bowl. Mix in 2 tsp low sodium tamari and chopped cilantro and lime juice if desired.

Tips:

- To make ahead, store filled jars covered in fridge for up to 3 days.
- To microwave – Add a cup of water to jar, cover and shake. Take lid off and microwave for 2-3 minutes or until steaming hot.
- To make in thermos – Add all ingredients to thermos instead of mason jar. Add hot water and send to school.
- To increase the protein, add shredded chicken, tofu cubes or cooked shrimp.