



Makes 8 cups
Preparation Time: 20 minutes
Cook Time: 5 minutes

INGREDIENTS:

½ cup thinly sliced scallions
(green onions)

2 tablespoons [Thai Spice Blend](#)

4 cups low-sodium vegetable
stock or water

1 cup 1-inch pieces green beans

1 cup thinly sliced carrots

4 oz. dry brown rice noodles

1 cup snow peas, trimmed and
halved crosswise

1 cup 1-inch broccoli and/or
cauliflower florets

1 baby bok choy, cut into 1-inch
pieces

1 cup unsweetened, unflavored
plant milk

3 tablespoons lime juice

⅛ teaspoon sea salt

4 to 6 fresh basil leaves, torn
into pieces

Thai Vegetable Noodle Soup

This recipe requires just one pot and 25 minutes. With lots of veggies and plenty of Thai spices, this brightly flavored Thai noodle soup is both colorful and comforting.

By Darshana Thacker Wendel

- 1 In a large saucepan combine scallions, Thai Spice Blend, and ¼ cup water. Cook over medium 2 minutes. Add stock, green beans, and carrots. Bring to boiling; reduce heat. Simmer, uncovered, 5 minutes. Add noodles, snow peas, broccoli, and bok choy; simmer 5 to 7 minutes more or until noodles are cooked. Add milk; cook 1 minute. Stir in lime juice and salt. Garnish with basil.