

**Serves 4**  
**Cook Time: 45 minutes**

**INGREDIENTS:**

1 medium yellow onion, peeled and thinly sliced

1 medium carrot, peeled and julienned

6 ounces shiitake mushrooms, stems removed

3 cloves garlic, peeled and minced

1 tablespoon minced ginger

2 cups sliced bok choy

4 cups [Vegetable Stock](#) or low-sodium vegetable stock

2 tablespoons low-sodium soy sauce

Zest and juice of 1 lime

1 serrano chile, stemmed and sliced into thin rounds (for less heat, remove the seeds)

6 ounces brown rice noodles, cooked according to package directions, drained, and kept warm

1 cup [mung bean sprouts](#)

½ cup chopped cilantro

# Thai Noodle Soup

Once the ingredients are prepped for this soup, the dish comes together quickly. Sautéing the vegetables first shortens the stewing time, so 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.

From *Forks Over Knives - The Cookbook*

By Del Sroufe

- 1 Place the onion, carrot, and mushrooms in a medium pot and sauté for 7 to 8 minutes. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking to the pan.
- 2 Add the garlic, ginger, bok choy, Vegetable Stock, soy sauce, lime zest and juice, and serrano chile. Bring to a boil over high heat.
- 3 Reduce the heat to medium, and simmer for 10 minutes.
- 4 To serve, divide the noodles between four individual bowls. Pour the broth over the ingredients and garnish with the mung bean sprouts and cilantro.