

PREPARATION: 12 MINUTES

COOKING: 15 MINUTES

SERVINGS: 6

# ASIAN NOODLE SOUP



## Nutrient Analysis

PER SERVING: ½ of recipe

RENAL EXCHANGE: 1 Meat + 2 Starch + 1 Vegetable +1 Fat

Calories	<b>262 Kcal</b>	Sodium	<b>164 mg</b>
Protein	<b>12 g</b>	Potassium	<b>267 mg</b>
Total Carbohydrate	<b>30 g</b>	Phosphorus	<b>176 mg</b>
Fiber	<b>3 g</b>	Calcium	<b>52 mg</b>
Sugars	<b>2 g</b>	Iron	<b>2 mg</b>
Fat	<b>11 g</b>	Magnesium	<b>47 mg</b>
Saturated	<b>2 g</b>	Vitamin C	<b>16 mg</b>
Cholesterol	<b>0 mg</b>		

## Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant

# ASIAN NOODLE SOUP

## INGREDIENTS

**4 cups *no salt added\** chicken broth**

**2 tablespoons fresh ginger, peeled and finely chopped**

**2 cups extra firm tofu, cut into  $\frac{1}{2}$  inch cubes**

**2 teaspoons low sodium soy sauce**

**1 teaspoon garlic chili paste**

**1 tablespoon rice vinegar**

**1 cup green onions (approximately 4 whole)**

**$\frac{3}{4}$  cup celery, thinly sliced**

**$\frac{1}{4}$  cup red pepper, thinly sliced**

**$1\frac{1}{2}$  cups green cabbage, thinly sliced**



**2 tablespoons extra virgin olive oil**

**1 teaspoon sesame oil**

**6 oz vermicelli rice noodles (uncooked)**

**$\frac{1}{2}$  cup fresh cilantro, chopped**

**1 tablespoon lime juice**

***Fresh ground pepper to taste***

## PREPARATION

- 1** Heat the broth.
- 2** In a small bowl, combine ginger, tofu, soy sauce, chili paste and vinegar to marinate the tofu.
- 3** Slice green onions. Separate the white from the green slices and set aside.
- 4** Combine the celery, green slices of green onions, red pepper and cabbage in a bowl.
- 5** Heat a large pot or deep wok style pan for two minutes on medium-high heat. Add the olive oil and the sesame oil and fry the white slices of the green onions until they are brown and somewhat crisp but not burnt.
- 6** Turning the heat down to medium, add the tofu and its marinade, stirring to coat well while cooking for 2 minutes.
- 7** Add all the vegetables from step 4 and continue to cook for another 2-3 minutes.
- 8** Add the hot broth to the vegetables, turn up the heat and bring to a boil quickly, add the rice noodles and cook for two minutes.
- 9** Turn off heat and stir in cilantro and lime juice and season with fresh black pepper to taste.

## SUGGESTION

- ✓ ***Leftover soup can be reheated within 2 days.***

\* Choose the broth with the lowest sodium content but be aware that low sodium products often contain more potassium. Look for potassium chloride under ingredients on the label.

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