

Chinese Tomato and Egg Noodle Soup (???????)

Yield: 2 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/aldi-chinese-vegetarian-noodle-soup-recipe>

Ingredients:

- 4 cups noodles dried, see Naggy Note
- 1 tablespoon oil
- ginger Thumb of, peeled, sliced and bashed
- 1 spring onion white and green part separated, both parts finely chopped
- 1 clove garlic peeled and minced
- 2 tomatoes large, cut into 1-inch pieces
- 1/2 carrot optional
- 3 1/8 cups vegetable stock if non-vegetarian, try using bone stock!
- 1 tablespoon light soy sauce
- 2 eggs
- salt to taste
- 2 handfuls lettuce tear into small pieces, optional
- sesame oil optional

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 68 grams
3. Cholesterol: 275 milligrams
4. Fat: 25 grams
5. Fiber: 5 grams
6. Protein: 20 grams
7. SaturatedFat: 4 grams
8. Sodium: 2440 milligrams
9. Sugar: 11 grams

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