

# Chinese Vegetarian Noodle Soup (?????)

Yield: 4 min  
Total Time: 45 min

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

## Ingredients:

- 1/2 block extra firm tofu
- 2 tablespoons soy sauce or tamari for a gluten-free alternative
- 1 tablespoon maple syrup or agave nectar
- 3 1/2 ounces noodles dried, \*Footnote 1
- 1 tablespoon peanut oil or vegetable oil
- 6 cups vegetable broth or homemade Detox Vegetable Broth
- 2 cups mushrooms sliced
- 1 cup frozen vegetables mixed, e.g. green peas, carrots and corn
- 2 green onion chopped
- 1 piece ginger
- 4 cups kale chopped
- 1 tablespoon soy sauce or tamari for a gluten-free alternative
- salt to taste
- 2 teaspoons sesame oil
- boiled eggs or Poached
- chopped cilantro optional
- green onion optional
- pickled vegetables
- tofu
- chili oil Homemade, or Sriracha

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 20 milligrams
4. Fat: 16 grams
5. Fiber: 4 grams

6. Protein: 14 grams
  7. SaturatedFat: 2 grams
  8. Sodium: 2320 milligrams
  9. Sugar: 9 grams
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