

Vegan Pho (Vietnamese Noodle Soup)

Yield: 4 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-vietnamese-noodles-soup-recipe>

Ingredients:

- 1 white onion large, peeled and halved
- 3 inches fresh ginger piece of, halved lengthwise
- 5 star anise
- 4 whole cloves
- 3 cinnamon sticks 3-inch
- 2 cardamom pods
- 1 tablespoon whole coriander seeds
- 8 cups vegetable stock good-quality, or mushroom stock*
- 1 tablespoon brown sugar
- 2 teaspoons low sodium soy sauce or tamari
- 2 teaspoons rice vinegar
- fine sea salt to taste
- 7 ounces rice noodles uncooked thin
- 1 tablespoon olive oil or any neutral-flavored oil
- 8 ounces shiitake mushrooms thinly sliced
- 2 heads baby bok choy halved
- 2 cups veggies extra, such as sliced carrots, broccoli florets, snow peas, etc., optional
- fresh herbs optional
- bean sprouts optional
- lime wedges optional
- chiles optional
- onions optional

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 5 milligrams

4. Fat: 6 grams
 5. Fiber: 11 grams
 6. Protein: 14 grams
 7. SaturatedFat: 1 grams
 8. Sodium: 2540 milligrams
 9. Sugar: 14 grams
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