

## RECIPE

# Classic Plant-Based Chicken Noodle Soup

My Classic Plant-Based Chicken Noodle Soup with an incredibly flavorsome broth, delicate gluten-free pasta noodles, grated garlic, turmeric root, apple cider vinegar, herbs and shredded plant-based chicken. Stay healthy, just in time for cold & flu season!

Serves **4 - 6**

## Ingredients

- 4 plant-based chicken cutlets, shredded
- 2 cups dried gluten-free pasta noodles or your choice of pasta, precooked, cooled and tossed with some olive oil (follow cooking instructions on the package)
- 2 Tbsp olive oil
- 2 - 14.5 ounce containers of mirepoix - measurements : 2 cups onions, diced small, 2 cups carrots, diced small and 2 cups celery, diced small
- 2 large russet potato, peeled and diced small
- 3 garlic cloves, grated
- 1 Tbsp turmeric root, grated
- 2 bay leaves
- 2 Tbsp vegan chicken bouillon
- 2 Tbsp raw apple cider vinegar
- 2 - 32 ounce containers low sodium vegetable broth
- salt & ground white pepper to taste
- 3 Tbsp flat leaf parsley, chopped no stems

## Preparation

1. **Prepare and shred 5-plant-based chicken cutlets.** Precook your pasta and toss with olive oil.
2. **Add olive oil, bay leaves and mirepoix to a large pot over medium heat and sauté**

3. for about 7 minutes or until onions are translucent.
4. Add turmeric and garlic and sauté for about a minute before stirring in diced potatoes and apple cider vinegar.
5. Add vegetable broth and bring up to a boil. Reduce heat, and simmer for about 25 minutes or until vegetables are tender.
6. Remove bay leaves, add shredded chicken, pre-cooked noodles and parsley. Season to taste with salt and ground white pepper. Enjoy!