

BRYANNA'S NEW YUMMY SOUP FOR A COLD (or any old time)

Servings: 6

9 cups very tasty vegan "chicken-y" broth (*I use "Better Than Bouillion No-Chicken Vegan Soup Base"*)

1 cup water

1 cup broken up dry [Soy Curls](#)

(*OR use 1 1/2-2 cups thin commercial vegan "chicken-y" strips, or strips of "Chicken-y" seitan, or thin strips of extra-firm tofu*)

4 oz. [buckwheat soba noodles](#), broken in half (*or other thin noodles of choice*)

6 oz. kale leaves (*stripped off stems*), thinly sliced (*other greens could be used instead*)

4 Tbs grated fresh ginger

3 large cloves garlic, crushed

1 tsp Sriracha hot sauce

Optional: up to 1 Tbs soy sauce/tamari

Garnishes:

dark sesame oil

Sriracha

chopped green onions

In a large pot, bring the broth and water to a boil. Add the remaining ingredients (except for the Garnishes). Bring to a boil and then turn down and simmer for 5 minutes.

Taste the soup-- if it's not too salty, add up to 1 Tbs tamari/soy sauce, if desired.

Serve each bowl with a drizzle of dark sesame oil, a sprinkle of green onions and more Sriracha on the side.

Nutrition Facts

Nutrition (per serving): 124 calories, 16 calories from fat, 1.9g total fat, 0mg cholesterol, 831.6mg sodium, 198.4mg potassium, 21.4g carbohydrates, 1.7g fiber, less than 1g sugar, 8.7g protein, 3.6 points.