

BRYANNA'S VEGANIZED (AND SIMPLIFIED) SPRING CHIK'N AND SNAP PEA SOUP

Serves 4

8 cups vegan “chicken-style” broth

2 cups reconstituted Soy Curls, or vegan “chikn strips”, or thin slices of your favorite vegan “chicken-style” cutlet

4 large green onions, thinly sliced

1 cup carrots, cut into matchsticks

4 ounces dried long flat egg-free pasta, such as tagliatelle, fettuccine or linguine, broken in half

1/3 to 1/2 cup plain vegan creamer (not a sweet kind)

2 cups sugar snap peas, cut diagonally in half

1/4 cup chopped parsley

2 tablespoons chopped fresh tarragon OR 2 tsp. dried tarragon leaves, crumbled

Salt and freshly-ground black pepper to taste

In a large pot, mix the broth, vegan chicken sub of your choice, green onions and carrots. Bring to a boil and turn down to a simmer. Cook for 4 or 5 minutes, covered. Add the pasta and simmer for 6 to 8 minutes more. Stir in the vegan creamer, snap peas, parsley and tarragon. Cover and remove from heat. Let sit for a few minutes, just until the snap peas are dark green, but still have some crunch.

Serve immediately.