

FAMILY FAVORITE GLASS NOODLE BOWLS



INGREDIENTS

For the bowls

- Glass noodles (aka sweet potato starch noodles)
- Steamed broccoli
- Steamed baby bok choy (chopped)
- Raw carrots (julienne)
- Raw cucumber (julienne)
- Cilantro (chopped)
- Garnishes: sesame seeds, diced tofu, kimchi and/or lime juice

For the broth

- 4-5 cups water
- 1 inch ginger (minced or grated)
- 2 garlic cloves (grated)
- 1-2 vegan mushroom or vegetable broth cube
- 1 tablespoon coconut aminos
- 1/2 tsp smoked salt
- Optional: nori pieces

INSTRUCTIONS

1. Cook glass noodles according to package instructions. Drain then rinse well in cool water.
2. Toss noodles in sesame oil or a neutral oil to prevent from sticking. You may wish to cut them with kitchen shears as they are a bit long for small kids.
3. For the broth, add water into a large pot on medium to high heat then toss in all the broth ingredients. Allow to simmer for a few minutes to so the flavors meld (the longer it simmers, the more flavorful the broth).
4. Place noodles and veggies in bowl then pour 1-2 ladles of broth over the top. Add garnishes to preference and slurp up!