

Veggie & Egg Ramen Soup

- 1 Tbsp sesame oil
- 4 mushrooms (optional)
- 1 clove garlic, minced
- 3 tsp fresh ginger, minced
- 1 pack instant noodle pack
- 3 cups water or soup stock
- 1 Tbsp soy sauce
- 1 tsp rice vinegar or white vinegar
- 2 eggs
- 1/4 cup frozen or cooked veggies (peas, broccoli, spinach, corn, cauliflower, etc.)
- 1/4 cup grated carrots
- 1/2 tsp hot sauce
- 1 tsp sesame seeds
- 1 Tbsp green onions or parsley



INSTRUCTIONS

- In medium sized pot, heat sesame oil over medium heat.
- Add mushrooms and stir to coat with oil. Let cook without stirring for 2 min, flip and cook another 2 min until mushrooms start browning.
- Add garlic and ginger, cook & stir for 1 minute. Do not let brown.
- Add 3 cups water and seasoning packet (or favourite soup stock).
- Add soy sauce and vinegar. Bring to boil then reduce heat to a simmer for 5 minutes.
- **Prepare eggs:** Place 2 eggs in small pot and cover with cold water. Put on stove, cover with lid and put heat on medium high heat. Bring to boil. Immediately when eggs are at a full rolling boil, turn off heat. Cover and rest for 8 min for soft or 10-12 min for hard eggs.
- **Prepare ice water:** Put 10 ice cubes (or handful of snow in bowl and add cold water. When eggs are done immediately put them in ice water to stop cooking. Once cooled, peel and slice in half lengthwise. Set aside.
- Add noodles to soup base and cook 2 minutes. Add veggies and cook until heated.
- Taste and adjust as desired.
- Divide soup into 2 large bowls. Top with egg halves, carrots and greens.
- Sprinkle with sesame seeds, sesame oil, hot sauce or soy sauce. Enjoy.

Yield: 2 bowls