



Total Time
NOT AVAILABLE

Serving & Size
1-1/2 CUP


Difficulty
EASY

Yields
12

An exotic noodle soup that you can top with chicken or tofu bites. The broth is seasoned with garlic, ginger and soy sauce for an authentic experience your guests will enjoy.

Nutrition Facts	
Serving Size	1-1/2 CUP
Amount Per Serving	
Calories 228	
	% Daily Value
Total Fat 6.1g	9%
Saturated Fat 0.9g	5%
Cholesterol 30mg	10%
Sodium 1498mg	62%
Total Carbohydrate 32.6g	11%
Dietary Fiber 3.1g	12%
Protein 11.3g	23%
Vitamin A 7%	Vitamin C 39%
Calcium 16%	Iron 15%

INGREDIENTS **WEIGHT** **MEASURE**

canola oil		2	tblsp.
short egg noodles, cooked	15 oz.	1 1/2	qt.
ginger root, peeled, chopped		3	tblsp.
garlic, peeled, minced		1	tblsp.
green onion, chopped	5 oz.	3	cups
red bell pepper, cut into strips 1/4 inch x 1 inch	15 oz.	3	cups
soy sauce		1/2	cups
sugar		1	tblsp.
 Swanson® Chicken Broth , 49 1/2 ounce can		2	cans
firm tofu, diced, uncooked	1 lb.	2 1/4	cups
cilantro, sprigs	1 oz.	1	cups

INSTRUCTIONS

1. Heat canola oil in a soup pot over medium heat; add ginger and garlic and sauté 1-2 minutes. Add scallions and peppers and sauté 1 minute. Stir in soy sauce and sugar and cook another minute.
2. Add broth and bring to a boil; reduce heat and simmer soup 10-12 minutes. Keep hot.
3. To Serve: For each serving, place 1/2 cup noodles and 3 Tbsp. diced tofu in bottom of a soup bowl. Ladle 1 cup hot, flavored broth over top and sprinkle with cilantro sprigs to serve.