

# Veggie Noodle Soup

By Nicole Buhler

This soup is so simple, my 8 year old can make it by herself. Chopping up veggies and dumping them into a soup pot is by far the easiest way to cook vegetables. This is what I make instead of mac-and-cheese for a quick and easy lunch. Why not just open a can of soup? Because this recipe costs less, tastes better and has more veggies. Plus you can use whatever shape of noodles you want!

**Makes:** Enough for 2 adults and 4 children

**Takes:** about 20 minutes start to finish

## Ingredients

1-2 carrots

1 onion

1-3 stalks of celery

4 cups water

3 teaspoons chicken or veggie bouillon

1 cup noodles - whole grain will be healthier!

Optional ingredient: 1 can rinsed white beans, 1 cup chopped extra firm tofu or 1 can chicken, drained

**Directions:** watch video for step by step photos

1. Chop carrot, onion and celery
2. Heat 1 tablespoon oil in a large pot over medium high heat.
3. Once oil is hot, add carrot, onion and celery
4. Cook over medium high heat about 3 minutes, until onion is see through but not brown
5. Pour in 4 cups of water, turn heat to high and bring to a boil
6. Add in 3 teaspoons bouillon and stir
7. Add in 1 cup noodles and stir so that they don't stick to the pot
8. Continue to cook over medium high/high heat until noodles are soft (about 7-10 minutes)
9. Serve hot!
10. If desired, at the end, stir in some beans or some tofu or some cooked chicken

