

Asian Zoodle Bowl

Makes 4 servings

Use home-grown, grass-fed and organic ingredients whenever possible.

A delicious Asian-flavored soup bowl, made with garden-fresh ingredients. Instead of the typical Ramen noodles, we substitute spiralized zucchini “noodles.” Served over hot rice, it is satisfying any time of year. Check out the “variations” at the bottom of the recipe.

Ingredients:

3 cups chicken broth (homemade is best!)
1 ½ TBSP freshly pressed garlic (6-8 cloves)
3-4 cups Bok Choy or Napa Cabbage, cut stalks in ¼” strips and leafy parts in ½” thin strips
½ cup spring onion or leek, sliced in ¼” pieces
8 ounces mushrooms (Cremini, white or shitake), sliced
½” piece ginger fresh ginger root, finely grated or zested (if ginger root is small in circumference, use 1” piece)
½ cup carrot, julienned
2 TBSP Tamari Sauce
1 ½ tsp quality chicken bouillon powder

3-4 cups “zoodles” (zucchini that has been spiralized). This is 1 medium zucchini that weighs approximately 8-10 ounces.

Garnish:

- 4 boiled eggs, sliced
- 3 cups jasmine or basmati rice, cooked in 4 ½ cups water + 1 TBSP olive oil
- Fresh cilantro
- Lime wedge

Directions:

Prepare veggies as directed in the ingredients list. While you are prepping the veggies, heat the chicken broth in a 2 ½- quart pan. When broth simmers, add all of the ingredients. Cook for 3 minutes. Remove from the fire and add the “zoodles.” Cover the pan and let sit for up to 5 minutes. Serve over rice (1/2 cup per serving), garnish with minced fresh cilantro and a squeeze of lime wedge.

To cook the rice: Add rice, water and olive oil to a heavy 3-quart pan. Bring to a boil and then simmer for 10 minutes, covered. Remove from heat and allow to rest for 15 minutes (do not lift lid). There will be leftover rice, which you can freeze or use in other recipes.

Serving Yield:

Makes 4 servings, or 3, if very hungry adults!

Variations:

- Instead of Tamari Sauce, use Bragg’s Liquid Aminos or Coconut Aminos
- Instead of the boiled eggs, substitute 1 ½ cups cooked, diced chicken.
- Instead of the green onion, substitute thinly sliced leeks.
- Instead of 8 oz fresh mushrooms, use 1 cup of dehydrated mushrooms, crumbled

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