



## Asian Chicken Noodle Soup

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### Directions:

1. Heat corn oil in a large pot over medium-high heat. Add carrots and sauté 3 minutes. Add green onions, garlic and ginger and sauté for 30 seconds. Set aside.
2. Season chicken with salt and pepper, sear.
3. Add chicken, chicken broth, soy sauce, mirin, rice vinegar, Sriracha, and sesame oil to carrot mixture. Bring to a boil then reduce heat to medium-low, cover and simmer until chicken has cooked through. Remove chicken breasts, let rest 5 minutes then cut into chunks.
4. Meanwhile, stir in sugar, cabbage and mushrooms and re- turn soup to a boil. Add noodles and cook 3 - 5 minutes longer until noodles are tender. Stir in chicken and cilantro.

*Nutrition Facts: 8oz: 137 cal, 5g fat, 11g Carb, 13g pro, 242mg Na+, 1g fiber*

### Ingredients:

1 Tablespoon corn oil  
1 cup carrots, diced  
6 green onions, sliced  
1 garlic clove, minced  
1 Tablespoon ginger, minced  
1 pound boneless skinless chicken breasts  
1 teaspoon pepper  
6 cups low-sodium chicken broth  
2 Tablespoons low-sodium soy sauce  
2 Tablespoons mirin  
2 Tablespoons rice vinegar  
1/2 Tablespoon Sriracha  
1 Tablespoon sesame oil  
3 cups Napa cabbage, chopped  
6oz crimini mushrooms, sliced  
1 package dry ramen, seasoning packets discarded  
1/2 cup cilantro, rough chop

**Yield:** 10 servings

**Time:** 15 minutes