



# Recipes

## Soups and Stews

### Clear Vegetable Broth With Noodles

*Prep Time: 5 minutes*

*Cooking Time: 10-15 minutes*

*Yield: varies*

#### **Ingredients:**

Vegetable stock can be made from carrots, onions, sometimes just a touch of burdock, and other naturally sweet vegetables. It may also be made from wilted vegetables or vegetable parts that are not ordinarily eaten. These include cabbage hearts, pea pods, cornhusks, vegetable cores, or tough outer leaves. Avoid greens that lend a bitter taste, such as carrot tops, spinach, or Swiss chard. Refrigerate these odds and ends in a container and when enough have accumulated, make a stock.

vegetable parts, cut into small pieces

spring water to cover

udon noodles

tamari

#### **Directions:**

1. Boil vegetables in water for 5-10 minutes.
2. Remove the vegetables and add the udon noodles.
3. Cook 5-8 minutes or until done.
4. Add tamari to taste.

#### **Variations:**

Garnish with thinly sliced scallions and/or nori seaweed cut into strips or rectangles.

Season with ginger juice. While the noodles are boiling add some fresh vegetables cut into thin attractive pieces for added taste and a crunch.