

Vegan Chicken Noodle Soup

2 large onions, diced
4 large celery stalks, diced finely
2 carrots, finely diced
1/2 cup olive oil

Sauté onions, celery and carrots in olive oil on medium heat until soft, ~10 minutes.

Add:

2 heads (~20 cloves) garlic, minced
Sauté on medium low for 10 minutes until cooked

Add:

12 cups of water
4 Tbsp. Better than Bouillon vegan paste
1 Tbsp. nutritional yeast powder
3/4 tsp. marjoram
3 bay leaves

Bring to a boil. Turn to a simmer. Let simmer for hours if possible. If not, 10 minutes.

A few minutes before serving, add

3 packages smoked Tofurky, diced
optional: 1 can white beans (cannellini, great northern...)

Boil separately:

1 pound pasta (radiatore, shells or other small pasta) al dente.
Rinse in cold water. Keep pasta separate from soup. Add it to each bowl of soup as needed, but not to the pot, as it will expand exponentially.

If it needs more salt, add more Better Than Bouillon paste.

Serves about 6.

For more vegan recipes see www.TruthAboutNursing.org/vegan