

HA Fast-Friendly RECIPE from ByziMom.com!

Easy

Hot Pot Soup



Ingredients

- ¼ cup soy sauce
- Juice and zest of one lime
- 2 grated garlic cloves
- 1 inch piece of ginger, grated
- 4 cups water
- Dash of red pepper flakes (to taste)
- ½ star anise and 1 whole clove
- 8 oz whole wheat vermicelli, or japanese/ramen noodles
- 4 cups thinly shredded vegetables such as : cabbage, carrot, daikon, mushrooms, zucchini, (I like to use a mandolin slicer to get really thin shreds for these); baby spinach, etc.

Preparation

Place soy sauce, lime, garlic, ginger, pepper flakes, and spices into a soup pot and bring it to a simmer.

Then add the water and bring it back up to the boil, allowing it to simmer for a few minutes. Taste and add a bit of salt if necessary, then just keep it on a low simmer.

In a separate pot of boiling salted water, cook the noodles until almost tender, then drain and rinse them and divide them into individual soup bowls.

Add the thinly sliced vegetables to the individual soup bowls, decoratively keeping them separated into little sections.

When ready to serve, ladle the hot broth over everything in the bowls and allow it to steep for a moment or two to soften.

Garnish with your favorite toppings and enjoy! .

Tips:

- Possible garnishes: scallions, cilantro, sliced chilis, sriracha, or lime wedges.
- This is a great buffet meal! Place each shredded vegetable and garnish into a separate bowl or platter and on the table so each diner can fix his or her bowl they way they like!
- This is also great on non-fasting days with very thin (think minute-steak thin) slices of meat and even hard boiled egg.