

## Vegan "Chicken" Noodle Soup



For many people, the go to comfort food during the winter, especially when they have a cold, is chicken noodle soup. As an almost vegan who does not eat meat or poultry, this was one of the few things I have consistently craved, especially when I did not feel well. A few years ago, in response to this request, Pete made a few different noodle soup recipes that used traditional chicken noodle seasoning and came up with this recipe. You could put vegan chicken in it – I personally am not a huge fan of vegan meats and like it just the way it is. Peter chops up chicken and puts it in his bowl and ladles the soup on top, great compromise in a house when not everyone is an "almost vegan". Enjoy!!

### INGREDIENTS

- 2 tablespoons olive oil
- 1 cup chopped carrot
- 1 cup chopped celery
- 1 cup chopped sweet onion
- ½ cup chopped red pepper
- 2 cloves garlic minced
- 1-2 tablespoons tamari
- 2 quarts vegetable broth
- 1 teaspoon sage
- 1 teaspoon thyme
- 1 teaspoon marjoram
- 3 cups brown rice noodles broken into 1-2 inch pieces (you can also use egg noodles if not completely vegan)

Saute the vegetables in the olive oil until onion is soft, about 5 minutes. Add the spices and tamari and sauté for a few more minutes. Add the broth, bring to a boil and simmer for ten minutes. Add the noodles and cook until tender and serve.

