

Chicken Ramen Soup

Ingredients

- 2 onions, minced
- 6 garlic cloves, minced
- 2 tablespoons grated fresh ginger, or 1 teaspoon ginger powder
- 1 tablespoon tomato paste
- 1 tablespoon vegetable oil
- 1/8 teaspoon red pepper flakes (optional)
- 8 cups chicken broth
- 4 carrots, peeled and sliced 1/4 inch thick
- 3 tablespoons soy sauce
- 2 tablespoons sugar
- 1-2 bay leaves (optional)
- 4 cups cooked chopped chicken
- Salt and pepper
- 2 (3-ounce) packages ramen noodles
- 4 cups shredded greens (napa cabbage, spinach, bok choy, or kale)
- 2 scallions, sliced thin

Nutrition Tip:
Use vegetable broth and tofu in place of chicken to make this recipe vegetarian.



Directions

Microwave first 6 ingredients (through red pepper flakes) in a bowl, stirring occasionally, until onions are soft, about 5 minutes. Transfer to a large pot over medium-high heat. Add broth, carrots, soy sauce, sugar, and bay leaves and bring to a simmer. Add ramen noodles and greens and simmer until tender, about 3-8 minutes. Add chicken and simmer just until heated through. Add scallions and season with salt and pepper to taste. Serve immediately.

Adapted from *America's Test Kitchen Slow Cooker Revolution*, 2011

Get more recipes at uhs.berkeley.edu/recipes