

Udon Soup

Nutrition Tip:
Udon noodles can be a good source of protein! Add vegetables, tofu and broth for a one-pot meal!

Ingredients

- ~3oz dried udon (1 bunch in a pack of 3)
- 2-3 cups of vegetable or chicken broth (use Better Than Bouillon base)
- 2-3 teaspoons of low sodium soy sauce
- ¼ teaspoon ginger powder
- ½ teaspoon of garlic powder
- 1 cup of vegetables
- ½ cup of cubed firm tofu (or other protein like chicken or potstickers)



Directions

- 1) **Cook udon noodles** to package instructions.
- 2) Boil **2-3 cups vegetable broth**. Add low sodium soy sauce, powdered garlic and ginger powder with vegetable broth.
- 3) **Add any veggies** to the pot, fresh or frozen! Let veggies boil for about 3 minutes. Some thicker/denser veggies (carrots, onions) will need to cook longer (check softness).
- 4) **Add tofu or any protein!** Leftover meat or protein from another meal works perfectly here.
- 5) Add cooked udon noodles. **Enjoy!**

Recipe adapted from: <https://cooking.nytimes.com/recipes/1019279-make-it-your-own-udon-noodle-soup>

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