Vegan Ramen Soup w/ Zucchini Noodles

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Vegan, Vegetarian, Gluten Free

Course	Lunch, Dinner, Appetizer, Main Course
Cuisine	Japanese

Prep Time	15 minutes
Cook Time	30 minutes
Total Time	45 minutes

Servings	4
Calories	96kcal
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Ingredients

- 1/2 Tbsp sesame oil
- 1 tsp crushed garlic
- 1 tsp ground ginger
- 5 cups vegetable stock
- 3 cups mushrooms
- 1 Tbsp gluten-free soy sauce
- 3 zucchini
- 1 cup spinach
- 1/4 cup grated carrots
- 1 Tbsp chopped green onion
- Salt/Pepper To Taste

Instructions

1. Create zucchini noodles using a spiralizer. Set aside.

2. In a pot, stir fry the garlic, ginger, and mushrooms in sesame oil over medium high heat. Add in the zucchini noodles and continue to heat for about 5 minutes.

3. Add in the stock and soy sauce. Bring to a boil.

4. Immediately lower heat and allow soup to simmer until the noodles are soft. Add in spinach, carrots, green onions, and salt/pepper.

5. Serve hot and enjoy!

Nutrition

Calories: 96kcal