

Just Add Water...

Instant noodle soup, your cheap price tag and addictive saltiness helped us survive college, but in order to keep our relationship alive, you need to freshen up. Check you out now! Just add water to these beautiful veggie-loaded noodle soups and lunch is ready in no time.

RECIPES BY SARAH DIGREGORIO & DEVON O'BRIEN PHOTOGRAPHY BY PENNY DE LOS SANTOS



Spicy Ramen with Mushrooms & Spinach



Chicken Curry Zoodle Soup



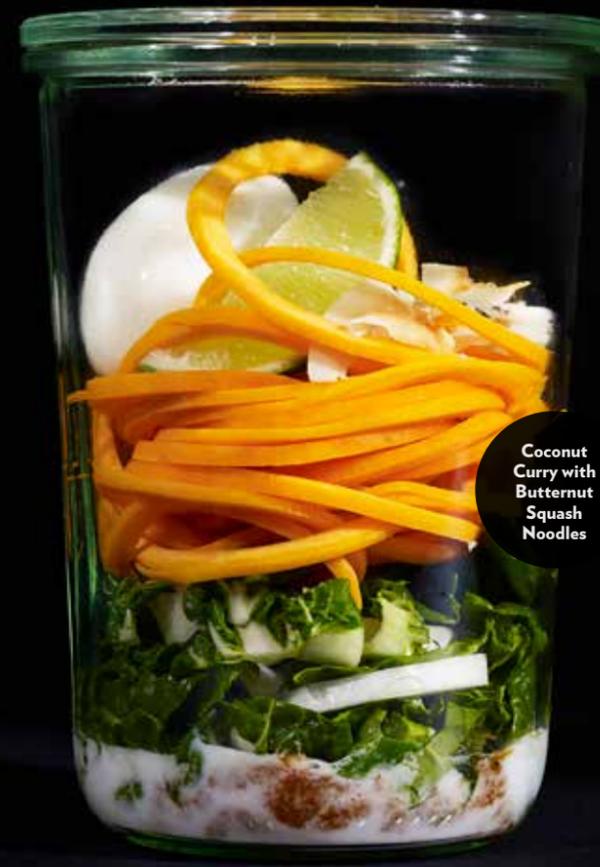
Shrimp & Kimchi Noodle Soup



Faux Chicken Pho



Miso Soup with Shrimp & Green Tea Soba



Coconut Curry with Butternut Squash Noodles



Sichuan Ramen with Cabbage & Tofu

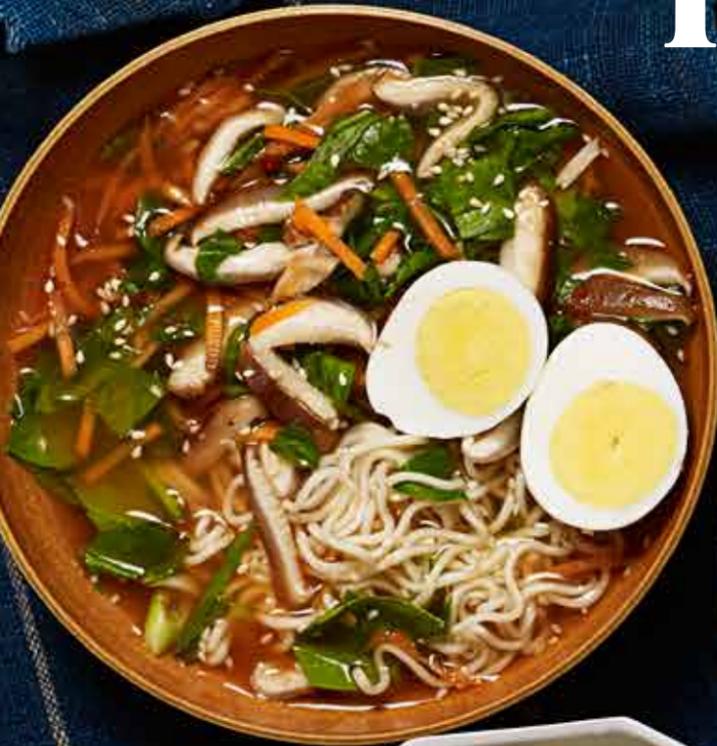
...and Slurp!



Shrimp & Kimchi Noodle Soup



Coconut Curry with Butternut Squash Noodles



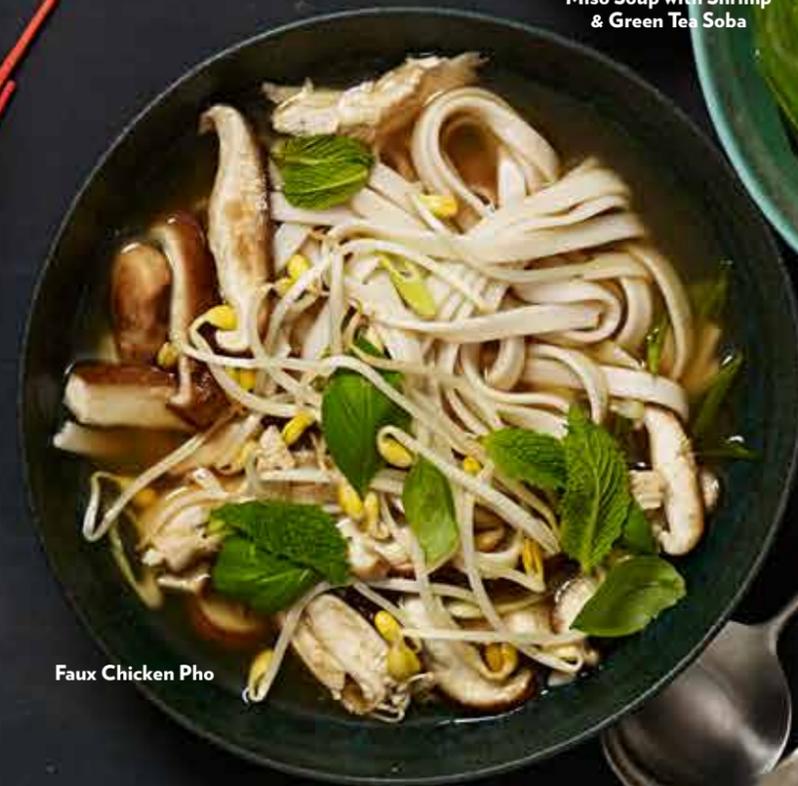
Spicy Ramen with Mushrooms & Spinach



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Miso Soup with Shrimp & Green Tea Soba



Spicy Ramen with Mushrooms & Spinach

Chile-garlic sauce is a double-duty ingredient in this veggie-loaded ramen, adding heat and garlicky flavor too.

- 1½ tablespoons reduced-sodium vegetable bouillon paste (see Tip, page TK)
- 1½ teaspoons white miso
- 1½ teaspoons chile-garlic sauce
- 1½ teaspoons grated fresh ginger
- ¾ cup shredded carrot
- ¾ cup sliced shiitake mushroom caps (about 1½ ounces)
- 1½ cups chopped baby spinach
- 3 hard-boiled eggs, peeled and halved (see Tip, below)
- 1½ cups cooked ramen noodles (see Tip, below)
- 3 tablespoons sliced scallions
- ¾ teaspoon toasted sesame seeds
- 3 cups very hot water, divided

1. Add ½ teaspoon bouillon paste and ½ teaspoon each miso, chile-garlic sauce and ginger to each of three 1½-pint canning jars. Layer ¼ cup each carrot and mushrooms, ½ cup spinach, 2 egg halves and ½ cup noodles into each jar. Top each with 1 tablespoon scallions and ¼ teaspoon sesame seeds. Cover and refrigerate for up to 3 days.

2. To prepare each jar: Add 1 cup very hot water to a jar, cover and shake until the seasonings are dissolved. Uncover and microwave on High in 1-minute increments until steaming hot, 2 to 3 minutes. Stir to make sure the miso is dissolved. Let stand a few minutes before eating.

SERVES 3: 2 cups each

CAL 361 / FAT 8G (SAT 2G) / CHOL 240MG / CARBS 63G / TOTAL SUGARS 3G (ADDED 0G) / PROTEIN 16G / FIBER 11G / SODIUM 891MG / POTASSIUM 290MG.

TIP: For medium-boiled eggs with jammy-textured yolks, cook in boiling water for 6½ to 7 minutes, then immediately transfer to a bowl of ice water and let stand until cold. For fully-cooked hard-boiled, eggs, cook in boiling water for 10 minutes before transferring them to the ice bath.

TIP: For 1½ cups cooked noodles, start with 3 to 4 oz. dry. Boil the noodles about 1 minute less than the package directions so they are slightly underdone. Drain and rinse well with cold water before assembling in jars.



Faux Chicken Pho

Grating ginger and garlic with a microplane transforms them into a paste that easily mixes into the broth. Any cooked protein can be used instead of the chicken—think thinly sliced steak or cubed tofu.

- 3 teaspoons reduced-sodium chicken bouillon paste (see Tip, page TK)
- 1½ teaspoons grated fresh ginger
- 1½ teaspoons grated garlic
- 1½ teaspoons hoisin sauce
- 1½ teaspoons Sriracha
- ¾ teaspoon fish sauce
- 3 whole star anise
- ½ jalapeño pepper, seeded (if desired) and thinly sliced
- 1½ heaping cups sliced shiitake mushroom caps (about 3 ounces)
- 9 ounces shredded cooked chicken (about 2¼ cups)
- 1½ cups cooked wide brown rice noodles (see Tip, below left)
- 3 tablespoons thinly sliced scallions
- 3 lime wedges
- ¾ cup bean sprouts
- 3 tablespoons small mint leaves
- 3 tablespoons small basil leaves
- 3 cups very hot water, divided

1. Add 1 teaspoon bouillon paste, ½ teaspoon each ginger, garlic, hoisin and Sriracha, ¼ teaspoon fish sauce, 1 star anise and one-third of the jalapeño slices to each of three 1½-pint canning jars. Layer ½ cup mushrooms, 3 ounces chicken (about ¾ cup) and ½ cup noodles into each jar. Top each with 1 tablespoon scallions, 1 lime wedge, ¼ cup sprouts and 1 tablespoon each mint and basil. Cover and refrigerate for up to 3 days.

2. To prepare each jar: Remove the bean sprouts and herbs (don't worry about getting every last bit out). Squeeze the lime into the jar (discard the wedge). Add 1 cup very hot water, cover and shake until the seasonings are

dissolved. Uncover and microwave on High in 1-minute increments until steaming hot, 2 to 3 minutes. Let stand for a minute or two, then stir well. Discard the star anise. Return the bean sprouts and herbs to the jar before eating.

SERVES 3: 2½ cups each

CAL 397 / FAT 5G (SAT 1G) / CHOL 72MG / CARBS 55G / TOTAL SUGARS 6G (ADDED 1G) / PROTEIN 34G / FIBER 6G / SODIUM 753MG / POTASSIUM 425MG.



Miso Soup with Shrimp & Green Tea Soba

Green tea soba noodles, or cha soba, are buckwheat noodles made with powdered green tea, which imparts a subtle grassy note and pretty color. You can

find them in Japanese markets or online. Regular buckwheat soba noodles work just as well.

- 4 tablespoons white miso
- 6 teaspoons mirin
- 3 teaspoons unseasoned rice vinegar
- 1½ cups diagonally sliced snow peas (about 5 ounces)
- 9 ounces peeled cooked shrimp
- 1½ teaspoons dried wakame (see Tip, page TK)
- 1½ cups cooked green tea soba noodles (from 3-4 ounces dried; see Tip, below left)
- 3 tablespoons thinly sliced scallions
- 1 3-inch square dried kombu, snipped into 3 equal strips (see Tip, page TK)
- 3 cups very hot water, divided

1. Add 1 tablespoon plus 1 teaspoon miso, 2 teaspoons mirin and 1 teaspoon vinegar to each of three 1½-pint canning jars. Layer ½ cup snow peas, 3 ounces shrimp, ½ teaspoon wakame and ½ cup soba noodles into each jar. Top each with 1 tablespoon scallions. Fit 1 piece of kombu between the ingredients and the side of each jar. Cover and refrigerate for up to 3 days.

2. To prepare each jar: Add 1 cup very hot

THE 411: You'll need three 1½-pint wide-mouth canning jars to make these soups. Why three? Because they keep for three days in your fridge. Eat them all yourself, send them to work or school with your family or adjust the recipe to make fewer—or more. Wide-mouth jars are easier to layer in and eat out of. Each recipe takes about 15 minutes to assemble.

water to the jar, cover and shake very well to dissolve the miso. Uncover and microwave on High in 1-minute increments until steaming hot, 2 to 3 minutes total. Discard the kombu. Stir to make sure the miso is dissolved. Let stand a few minutes before eating.

SERVES 3: 2 cups each

CAL 227 / **FAT** 1G (SAT 0G) / **CHOL** 161MG / **CARBS** 29G / **TOTAL SUGARS** 8G (ADDED 1G) / **PROTEIN** 26G / **FIBER** 2G / **SODIUM** 788MG / **POTASSIUM** 348MG.



Chicken Curry Zoodle Soup

Since you can now buy zucchini noodles at many large super-markets and natural-food stores, these are a snap to put together.

- 6 tablespoons coconut milk
- 6 teaspoons Thai red curry paste
- 3 teaspoons reduced-sodium chicken bouillon paste (see Tip, page TK)
- 1½ cups frozen stir-fry vegetable mix
- 9 ounces chopped cooked chicken breast (about 2¼ cups)
- 1½ cups spiralized zucchini noodles
- 3 teaspoons chopped fresh cilantro
- 3 cups very hot water, divided

1. Add 2 tablespoons coconut milk, 2 teaspoons curry paste and 1 teaspoon bouillon paste to each of three 1½-pint canning jars. Layer ½ cup vegetables, 3 ounces chicken (about ¾ cup) and ½ cup noodles into each jar. Top each with 1 teaspoon cilantro. Cover and refrigerate for up to 3 days.

2. To prepare each jar: Add 1 cup very hot water to a jar, cover and shake until the seasonings are dissolved. Uncover and microwave on High in 1-minute increments until steaming hot, 2 to 3 minutes total. Stir well. Let stand a few minutes before eating.

SERVES 3: 2 cups each

CAL 238 / **FAT** 8G (SAT 5G) / **CHOL** 72MG / **CARBS** 10G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 29G / **FIBER** 2G / **SODIUM** 814MG / **POTASSIUM** 436MG.



Shrimp & Kimchi Noodle Soup

Ubiquitous in Korean cuisine, kimchi adds heat and a little funk to this noodle soup. Look for it near other refrigerated fermented vegetables.

- 3 teaspoons reduced-sodium chicken bouillon paste (see Tip, page TK)
- 3 teaspoons gochujang
- 1½ cups chopped cabbage
- 1½ cups sliced mushrooms
- ¾ cup chopped kimchi

- 9 ounces peeled cooked shrimp
- 1½ cups cooked rice noodles (see Tip, page 82, bottom left)
- 1 radish, thinly sliced
- 3 teaspoons chopped fresh cilantro
- 3 lime wedges
- 3 cups very hot water, divided

1. Add 1 teaspoon each bouillon paste and gochujang to each of three 1½-pint canning jars. Layer ½ cup each cabbage and mushrooms, ¼ cup kimchi, 3 ounces shrimp and ½ cup noodles into each jar. Top each with some radish slices, 1 teaspoon cilantro and a lime wedge. Cover and refrigerate for up to 3 days.

2. To prepare each jar: Squeeze the lime into the jar (discard the wedge). Add 1 cup very hot water to a jar, cover and shake until the seasonings are dissolved. Uncover and microwave on High in 1-minute increments until steaming hot, 2 to 3 minutes total. Stir well. Let stand a few minutes before eating.

SERVES 3: 2 cups each

CAL 239 / **FAT** 1G (SAT 0G) / **CHOL** 161MG / **CARBS** 32G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 26G / **FIBER** 3G / **SODIUM** 926MG / **POTASSIUM** 408MG.



Coconut Curry with Butternut Squash Noodles

This untraditional spin on Thai red curry calls for butternut squash noodles, but you could also use spiralized sweet potatoes or fresh egg noodles.

toes or fresh egg noodles.

- 6 tablespoons coconut milk
- 6 teaspoons Thai red curry paste
- 3 teaspoons fish sauce
- 1½ teaspoons packed light brown sugar
- 2¼ cups thinly sliced bok choy (about 5 ounces)
- 3 cups lightly packed spiralized butternut squash noodles
- 3 tablespoons toasted unsweetened coconut chips
- 3 lime wedges
- 3 medium-boiled eggs (see Tip, page 82, bottom left), peeled
- 3 cups very hot water, divided

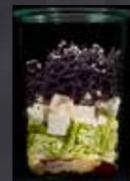
1. Add 2 tablespoons coconut milk, 2 teaspoons curry paste, 1 teaspoon fish sauce and ½ teaspoon brown sugar to each of three 1½-pint canning jars. Layer ¾ cup bok choy and 1 cup butternut squash noodles into each jar. Top each with 1 tablespoon coconut, 1 lime wedge and 1 egg. Cover and refrigerate for up to 3 days.

2. To prepare each jar: Remove the egg. Squeeze the lime into the jar (discard the wedge). Add 1 cup very hot water, cover and shake until the seasonings are dissolved. Uncover and microwave on High in 1-minute increments until steaming hot, 3 to 4 minutes. Stir

well. Cut the egg in half and return it to the jar. Let stand a few minutes before eating.

SERVES 3: 2 cups each

CAL 220 / **FAT** 13G (SAT 9G) / **CHOL** 164MG / **CARBS** 19G / **TOTAL SUGARS** 7G (ADDED 2G) / **PROTEIN** 9G / **FIBER** 3G / **SODIUM** 734MG / **POTASSIUM** 572MG.



Sichuan Ramen with Cabbage & Tofu

The Sichuan province in the southwestern corner of China is known for its fiery dishes. Here, the richness of tahini tempers the spicy chile paste. You

can grind the Sichuan peppercorns in a spice grinder or mortar and pestle, or crush with the bottom of a heavy skillet.

- 6 teaspoons Sichuan chile-bean sauce (toban djan) or chile-garlic sauce
- 6 teaspoons tahini
- 1½ teaspoons reduced-sodium vegetable bouillon paste (see Tip, page TK)
- 1½ teaspoons Chinese rice wine
- 1½ teaspoons packed light brown sugar
- ¾ teaspoon black vinegar (see Tip, page TK)
- 3 cups shredded napa cabbage
- 9 ounces extra-firm tofu, cut into ½-inch cubes (about 1½ heaping cups)
- ¾ teaspoons Sichuan peppercorns, coarsely ground
- 1½ cups cooked black or brown rice ramen noodles (see Tip, page 82, bottom left)
- 1½ teaspoons toasted sesame seeds
- 3 cups very hot water, divided

1. Add 2 teaspoons each chile-bean sauce (or chile-garlic sauce) and tahini, ½ teaspoon each bouillon paste, rice wine and brown sugar and ¼ teaspoon vinegar to each of three 1½-pint canning jars. Layer 1 cup cabbage, 3 ounces tofu (about ½ cup), ¼ teaspoon ground peppercorns and ½ cup ramen noodles into each jar. Top each with ½ teaspoon sesame seeds. Cover and refrigerate for up to 3 days.

2. To prepare each jar: Add 1 cup very hot water to the jar, cover and shake until the seasonings are dissolved. Uncover and microwave on High in 1-minute increments until steaming hot, 2 to 3 minutes. Stir well. Let stand a few minutes before eating.

SERVES 3: 2 cups each

CAL 396 / **FAT** 12G (SAT 2G) / **CHOL** 50MG / **CARBS** 61G / **TOTAL SUGARS** 3G (ADDED 2G) / **PROTEIN** 19G / **FIBER** 11G / **SODIUM** 578MG / **POTASSIUM** 326MG.

SARAH DIGREGORIO'S first cookbook, *Adventures in Slow Cooking*, comes out this October.

DEVON O'BRIEN is *EatingWell's* digital food editor.

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