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
...and Slurp!

- Spicy Ramen with Mushrooms & Spinach
- Sichuan Ramen with Cabbage & Tofu
- Chicken Curry Zoodle Soup
- Shrimp & Kimchi Noodle Soup
- Coconut Curry with Butternut Squash Noodles
- Miso Soup with Shrimp & Green Tea Soba
- Faux Chicken Pho
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Spicy Ramen with Mushrooms & Spinach

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

3/4 cup thinly sliced scallions
2 3-inch square dried kombu, snipped into 3 equal strips
3/4 cup bean sprouts
5 ounces) 3/4 cup thinly sliced scallions
3/4 cup thinly sliced mint leaves
3/4 cup thinly sliced basil leaves
3 cups very hot water, divided

1. Add 1 teaspoon bouillon paste, 1/2 teaspoon each ginger, garlic, hoisin and Sriracha, 1/4 teaspoon fish sauce, 1 star anise and one-third teaspoon each mint and basil. 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. 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: 11/2 cups each

CAL 165 / FAT 8G (SAT 2G) / CHOL 80G / CARBS 21G / FIBER 6G / SODIUM 502MG / POTASSIUM 360MG

POTASSIUM 891MG / PROTEIN 16G / TOTAL SUGARS 11G / ADDED 0G)

CARBS 34G / FAT 6G (SAT 2G) / CHOL 34G / PROTEIN 6G (ADDED 1G) / SODIUM 63G / POTASSIUM 11G.

1. Add 1/2 tablespoon bouillon paste and 1 1/2 tablespoons very hot water to each jar (discard the wedge). Add 1 cup very hot water to each jar. Top each with 1 tablespoon scallions and 1/2 cup soba noodles into each jar. 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. 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: 1 1/2 cups each

CAL 187 / FAT 10G (SAT 2G) / CHOL 278G / CARBS 42G / FIBER 10G / SODIUM 680MG / POTASSIUM 430MG

POTASSIUM 55G / PROTEIN 11G (ADDED 0G) / SODIUM 66G / POTASSIUM 14G.

TIP: For medium-boiled eggs with jammy-textured yolks, cook in boiling water for 6 1/2 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, 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, then immediately transfer to a bowl of ice water and let stand until cold.

THE 411: You’ll need three 1 1/2-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.
**Chicken Curry Zoodle Soup**

Since you can now buy zucchini noodles at many large supermarkets and natural-food stores, there is no need to put together at

6 tablespoons coconut milk
3 teaspoons Thai red curry paste
3 teaspoons reduced-sodium chicken broth paste (see Tip, page TK)
1 cup frozen stir-fry vegetable mix
9 ounces chopped cooked chicken breast (about 2½ cups)
1 cup 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 broth paste to each of three 1½-pint canning jars. Layer ½ cup vegetables, 1 ounce chicken (about 1 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**: 231 / **FAT**: 15G / **SAT**: 3G / **CARBS**: 20G / **FIBER**: 4G / **SODIUM**: 80MG / **POTASSIUM**: 82MG

**Protein**: 8G / **Total Sugars**: 0G / **Cholesterol**: 3MG

**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 potato or fresh egg noodles.

6 tablespoons coconut milk
6 teaspoons Thai red curry paste
3 teaspoons fish sauce
3 teaspoons packed light brown sugar
1½ cups peeled cooked coconut (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 ½ cup grated 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**: 734 / **FAT**: 52G / **SAT**: 12G / **CARBS**: 32G / **FIBER**: 3G / **SODIUM**: 734MG / **POTASSIUM**: 161MG

**Protein**: 9G / **Total Sugars**: 0G / **Cholesterol**: 185MG

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

1. Add 2 teaspoons each chile-bean sauce (or chile-garlic sauce) and vinegar, 3/4 teaspoon each broth paste, rice wine and brown sugar to each of three 1½-pint canning jars. Layer ½ cup Sichuan chile-bean paste, 1 cup noodles and 1/2 cup ramen noodles into each jar. Top each with 3/4 teaspoon every other refrigerated

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 ½ cup grated 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, 2 to 3 minutes. Stir well. Let stand a few minutes before eating.

**SERVES 3, 2 CUPS EACH**

**CAL**: 299 / **FAT**: 12G / **SAT**: 2G / **CARBS**: 50MG / **FIBER**: 19G / **SODIUM**: 239MG / **POTASSIUM**: 19G

**Protein**: 578MG / **Total Sugars**: 0G / **Cholesterol**: 12G

**SARAH DIGREGORIO’s first cookbook, Adventures in Slow Cooking, comes out this October.”**

DEYON O’REILLY is EatingWell’s digital food editor.