

Mason Jar – Vegetable Noodle Soup

Prep Time: ~20 minutes, Cook Time: 15 minutes

EQUIPMENT

Gram Scale

Measuring Cups & Spoons

Bowls

Cutting Board

Sharp Knife

Vegetable Peeler

Mason Jar (16 oz)

INGREDIENTS

37-41 gm	1 bundle	Vermicelli (Mung Bean or Green Bean) Low-Protein Noodles, dry
25 gm	1/4 cup	Celery, raw, chopped
32 gm	1/4 cup	Carrots, raw, chopped
37 gm	1/4 cup	Yellow Sweet Pepper, raw, chopped
23 gm	1/4 cup	Broccoli, raw, chopped
37 gm	1/4 cup	Cherry Tomatoes, raw, sliced in half
10 gm	1 TBSP	Onion, sweet, raw, chopped
3 gm	3 large leaves	Basil, raw, torn
3 gm	1/2 tsp	Garlic, minced
1.5 gm	1/4 tsp + to taste	Salt
0.3 gm	1/8 tsp + to taste	Black Pepper, ground
300 ml	10 fl. oz.	Vegetable Broth

DIRECTIONS

1. After cleaning the food preparation area you will be using, gather the equipment and ingredients you need for this recipe.
2. Wash your hands with soap and water.
3. Once you have measured and chopped/sliced the ingredients, you are ready to add to your mason jar.
4. Add the dry vermicelli noodles (bundle) to the mason jar. The vegetables will then be added so they are on the side of the noodles.

- a. For the demo, add the vegetables as follows: sliced tomatoes, chopped broccoli, chopped carrots.
 - b. The other side of the noodles has the chopped celery, chopped sweet pepper and more chopped carrots.
 - c. Top with onion, garlic, basil, salt and black pepper.
5. Heat the vegetable broth in a pot on the stove or in the microwave until simmering (you see bubbles).
 6. Add to the mason jar and cover for 15 minutes.
 7. After 15 minutes, mix carefully and thoroughly. Season to taste if needed. If it is not hot enough, put in the microwave for 30 seconds-1 minute (without the metal lid). Cover with a moist paper towel.
 8. For a spicy mason jar, you can add your favorite hot pepper or hot sauce. Enjoy!

Helpful notes:

- If you want softer (not al dente) noodles, you can partially cook the noodles (drain & rinse with cold water). The noodles will then “finish” cooking when you add the hot broth.
- If you do not like crunchy/firm texture for vegetables, you can blanch* the vegetables (add to hot simmering water for 1-2 minutes). To stop the cooking, you will plunge in ice water (1-2 minutes) and drain in a colander. The vegetables will then “finish” cooking when you add the hot broth.
- If you do not like a vegetable or want to add one of your favorites, the nutritional analysis will be different.

YIELD: 1 mason jar (16 oz)

Nutrition Facts:

Metabolic Pro# 8276, 6/3/2021

Per Recipe/Mason Jar:
Calories: 202 kcal
Protein: 2.3 gm
Carbohydrate: 49 gm
Phenylalanine: 90 mg
Leucine: 124 mg

Nutritional analysis based on the products used at the time of analysis. Subject to change.

SOURCES:

- **Recipe created by Kristen Narlow, MS, RDN, LDN, CC**
- **Safe Recipe Guide:** <https://www.saferecipeguide.org/> (accessed: 6/3/2021)
- **CDC Fruit & Vegetable Safety:** <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html> (accessed: 6/3/2021)
- ***Better Homes & Gardens Blanching Vegetables:** <https://www.bhg.com/recipes/how-to/cooking-basics/how-to-blanch-vegetables/>