

Vegetable Noodle Soup

This hearty Vegetable Noodle Soup is a comforting bowl of goodness, packed with colorful vegetables and tender noodles. Perfect for a quick meal or a cozy night in.



Soup

20 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 100g noodles (your choice)
- 1 cup vegetable broth
- 1/2 cup chopped carrots
- 1/2 cup chopped bell peppers
- 1/2 cup broccoli florets
- 1/4 cup green peas
- 1 garlic clove, minced
- 1 tsp soy sauce
- Salt and pepper to taste
- 1 tbsp olive oil
- Fresh herbs (like parsley or cilantro) for garnishing

Steps

- 1 In a pot, heat olive oil over medium heat. Add minced garlic and sauté until fragrant.
- 2 Add chopped carrots, bell peppers, and broccoli. Sauté for about 5 minutes until they start to soften.
- 3 Pour in the vegetable broth and bring to a boil.
- 4 Add the noodles and cook according to package instructions, usually around 5-7 minutes.
- 5 Stir in the green peas and soy sauce, and season with salt and pepper to taste.
- 6 Once the noodles are cooked, remove from heat and serve hot, garnished with fresh herbs.