

Chinese One Pot Tomato Noodle Soup

You can find variations of tomato noodle soup traditionally in Taiwanese and Chinese home cooking classically combined with egg. This version uses whole peeled tomatoes with shiitake mushrooms and protein packed tofu for the perfect comfort food, one pot meal you can make in under 30 minutes.

MAKES 8 SERVINGS (2 CUPS EACH)
PREPARATION TIME: 30 MINUTES

Ingredients

- 1 tablespoon canola oil
- 2-inch piece of fresh ginger, sliced
- 8 shiitake mushrooms, sliced
- 1 (28-ounce) can whole peeled tomatoes, with juice, tomatoes quartered
- 1 (16-ounce) package of medium firm tofu
- 2 teaspoons reduced sodium soy sauce
- 10 cups water
- 8 ounces dried noodles (Chinese noodles, ramen, or rice noodles)
- 4 stalks celery, finely chopped
- ½ teaspoon salt (optional)
- ¾ teaspoon white pepper (optional)
- 2 teaspoons chili oil (optional)



About the Recipe Author

Recipe by Sherene Chou, MS, RDN, Los Angeles-based culinary dietitian focused on building a more equitable and sustainable food system through the intersection of plant-based nutrition, food, and social justice.



Instructions

1. In a large non-stick pot, heat oil on medium heat, and add ginger and mushrooms. Sauté until fragrant, about 5 minutes.
2. Add tomatoes and remaining juice, and cook until vegetables are softened, about 4 minutes.
3. Break apart tofu into bite sized pieces, and add to pot along with soy sauce, stirring well.
4. Turn heat to low. Cover, and allow tofu to marinate in mixture for 5 minutes.
5. Add water, turn heat to high, and bring to a boil.
6. Add noodles and cook, covered, over low to medium heat, until noodles are tender.
7. Turn off heat, and mix in celery, salt, and white pepper, if using.
8. Divide noodles and soup among bowls, and top with chili oil, if using.

Nutritional Analysis (2 cup serving): 126 calories, 12 g carbohydrate, 3 g fiber, 4 g total sugar, 0 g added sugar, 6 g fat, 1 g saturated fat, 0 g cholesterol, 7 g protein, 261 mg sodium

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