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Our Heart "Beets" Plant Strong

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Addie's Chickn' Noodle Soup

The perfect soup to kick a cold to the curb or top off a rainy day!

Ingredients:

- 1 bag Butler Soy Curls
- 2 cups of uncooked pasta of your choice (we like to break up linguini noodles)
- 1 Tbsp miso paste
- 1 onion or 1 leek, diced fine
- 3-4 stalks celery, chopped fine
- 5-6 large carrots, chopping fine
- 4 cloves garlic, minced
- ¼ cup Nutritional yeast
- ¼ tsp dried parsley
- ½ tsp Sage
- ½ tsp Thyme
- ½ - 1 tsp Paprika
- ¼ tsp turmeric
- Black pepper to taste
- *1 tsp extra garlic powder for optional added flavor
- 8 cups water
- *Fresh chopped parsley for garnish

Directions:

1. Grab your instant pot (you can also make this on the stove if you do not have one).
2. While in the package, lightly break apart your soy curls so that they are in smaller pieces. Remove your soy curls from package and cover in a bowl with warm/hot water for ~10 minutes to rehydrate.
3. In the meantime, chop all of your vegetables (including the garlic) and place in the instant pot (lid off) with about ¼-1/2 cup water. Add miso paste. Cook on sauté mode while soy curls finish (only a few minutes needed).
4. Once soy curls have finished rehydrating, strain in a colander.
5. Turn off sauté and add soy curls and all dried spices to instant pot. Stir well to combine.
6. Add uncooked pasta & water (8 cups recommended, but can add more or less dependent on soup thickness desired. REMEMBER pasta will absorb a lot of the liquid).
7. Put lid on instant pot, select SOUP setting and set timer for 15 minutes.
8. Once timer has finished, allow pressure to release naturally.
9. Enjoy your soup & garnish with fresh parsley – leftovers are equally if not more delicious the next day 😊