

# Quick and Easy Pho

## Ingredients for Life

This easy at-home Vietnamese-inspired noodle soup is perfect for a busy weeknight. Bone broth adds a depth of flavor to the soup, but for a true vegan dish feel free to swap it out for vegetable broth. Chinese five-spice is a blend of cinnamon, fennel, star anise, pepper, and cloves. This unique blend of sweet and savory spices adds a warm, earthy blend of flavors to store-bought broth, helping to make this soup taste as if it was cooked all day. You can find it the grocery store, typically on the international aisle, or at your local Asian market. You could also add leftover chicken for a more protein-centric soup.

Serves 4

Serving size: 2 cups

Prep time: 15 minutes

Cook time: 30 minutes

Total time: 45 minutes

## Ingredients

- 1½ Tablespoon olive oil
- 1 small white onion, thinly sliced
- 4 green onions, thinly sliced, both white and green parts
- 8 ounces shiitake mushrooms, sliced
- 1-inch ginger, grated
- 1/4 teaspoon red pepper flakes
- 1 teaspoon Chinese five-spice
- 4 cups bone broth
- 2 cups water
- 4 oz brown rice noodles
- **Optional toppings:** cilantro, lime wedges, green onions, Thai basil, hot sauce (Sriracha or Sambal)



## Directions

1. In a pot, heat olive oil over medium. Add white onion and green onions and cook until slightly softened about 5 minutes.
2. Add mushrooms. Cook until slightly browned, or about 8 minutes. Stir occasionally.
3. Add ginger, red pepper flakes, and Chinese five-spice. Cook until fragrant, about 2 minutes.
4. Add bone broth and water. Bring mixture to a boil and then reduce to a simmer for 10 minutes.
5. Add brown rice noodles. Stir carefully to break apart noodles. Cook until noodles are softened, about 5 minutes.
6. Serve with optional toppings: cilantro, lime wedges, green onions, Thai basil, or hot sauce (Sriracha or Sambal).

## Nutrition Facts

Serves 4  
Serving size 2 cups (368g)

Amount per serving  
**Calories 228**

	% Daily Value*
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1g	3%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 454mg	<b>19%</b>
<b>Total Carbohydrate</b> 32g	<b>11%</b>
Dietary Fiber 4g	14%
Total Sugars 4g	
<b>Protein</b> 14g	<b>27%</b>
Vitamin D 10mcg	3%
Calcium 36mg	4%
Iron 2mg	10%
Potassium 241mg	7%
Phosphorus 77mg	8%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.