

Asian Chicken Noodle Soup with Edamame, Mushrooms, and Carrots

2 cups frozen edamame
4 ounces dried spaghetti or angel hair pasta, snapped in half
2 teaspoons sesame oil
1 tablespoon olive oil
4 ounces sliced mushrooms
1 cup julienned carrots
3 large green onions, chopped, white and green parts divided
1 tablespoon peeled and minced fresh ginger
1 tablespoon minced garlic
6 or 7 cups homemade or low sodium chicken broth
3 tablespoons low sodium soy sauce
2 teaspoons rice wine vinegar
2 teaspoons chile paste (I used Sambal Oelek)
2 cups cooked chicken, chopped or shredded
Lime wedges
Fresh chopped cilantro
Dark green onion parts, sliced thin

Place the frozen edamame in a bowl to thaw out. Meanwhile put on a pot of water for the pasta and cook it according to package directions. When the pasta is done, remove and rinse, and return to the pot, spray with a little olive oil to keep it from sticking, and set aside. While all that is coming up to speed, prep the ginger and veggies, etc.

In a soup pot, add the two oils and cook the mushrooms, carrots, white and light green parts of the onion with the ginger and garlic over medium heat. Once the vegetables are soft, toss in the edamame and heat it all up for a few minutes more.

Now add the chicken broth, soy sauce, rice wine vinegar, and chile paste to the pot. Bring up to a low boil, add in the chicken, then turn down and simmer for about 15 minutes to let the flavors meld. When ready to eat, add a serving of noodles to each soup bowl, then ladle the chicken soup and veggies over all. Garnish with lime wedges to squeeze over, dark green onion parts, and cilantro. Add additional soy sauce according to taste.