Chicken Noodle Soup No Chicken

A satisfying meat-free noodle soup with mushrooms, vegetables and savory broth.

Prep: 20 min Cook: 40 min Serves: 4 Difficulty: Easy



Ingredients

- 1 tbsp (15 ml) olive oil
- 1 onion (150 g), diced
- 3 garlic cloves, minced
- 2 carrots (160 g), sliced
- 2 celery stalks (100 g), sliced
- 2 litres unsalted vegetable broth
- 150 g dried egg noodles
- 1/2 tsp dried thyme
- 1/4 tsp black pepper
- 1/2 tsp salt, adjusted to taste
- 200 g sliced mushrooms

Method

Prepare vegetables
Dice onion, slice carrots and celery, and slice mushrooms. Mince garlic. Keep egg noodles separate until the broth is ready.

Soften vegetables
Heat olive oil in a soup pot over medium heat. Cook onion, carrots, celery and mushrooms for about 8 minutes until softened. Add garlic for 30 seconds.

Simmer broth
Add vegetable broth, thyme, pepper and salt. Simmer gently for about 15 minutes until vegetables are tender.

Cook noodles
Add egg noodles and simmer according to package directions until tender, stirring now and then.

Taste and adjust
Taste broth and adjust salt and pepper. Add a splash of broth if noodles absorb too much liquid.

Serve
Ladle into warm bowls with mushrooms and vegetables distributed evenly. Serve promptly.

Tips

Use a well-flavored vegetable broth and brown mushrooms for deeper savory notes. For vegan soup, choose egg-free noodles; the listed egg noodles are not vegan.

Food safety

For Thai chicken soup, keep raw chicken separate and verify 165°F (74°C) at the thickest piece. For meat-free soup, wash produce and use clean utensils. Refrigerate leftovers within 2 hours.

Storage and reheating

Refrigerate 3–4 days or freeze up to 3 months. Thaw in refrigerator and reheat to steaming hot throughout. Noodles soften in stored soup; add fresh noodles when possible.

Serving

Garnish Thai soup with cilantro and lime. Serve meat-free soup with bread or a green salad.