

Recipe:

RICE NOODLE W/ CHINESE CHORIZO

Date:

Total Servings	Diet Type
8 - 10	↗ GENERAL ↗ GLUTEN-FREE <input type="radio"/> VEGAN <input type="radio"/> KETO ↗ OTHER - See below

Ingredients

Chinese chorizo (sausage)
- 2 to 3 pcs.

Garlic - 4 cloves, minced

Onion - medium, diced

Fresh vegetables - 1 quart,
cut into bite sizes

Olive oil - 2 Tbsp.

Rice noodles - 2 lbs.

Chicken broth or water - 2
cups

Salt & Pepper to taste

Low-sodium or Gluten-free
soy sauce - ¼ cup

Preparations & Cooking

1. Prepare all the ingredients. Soak the noodles in water.

2. Saute the Chinese sausage. Add olive oil before
adding the garlic and onions.

3. Add all the fresh cut vegetables and stir.

4. Add the rice noodles, broth or water, soy sauce, salt
and pepper.

5. Stir well to blend and cover.

6. Taste and adjust the seasonings, if needed.

Dietary Recommendations:

* Use low-sodium soy sauce for NAS diet.

* Use gluten-free soy sauce for celiac diet.

* This recipe is also good for **Low-Carb** and **Dairy-free**
diets.

Total Cost:

Prep Time:

Cook Time:

10 minutes

15 minutes