



Filipino Sopas, a hearty soup

Recipe from RG Enriquez, Astig Vegan: <http://www.astigvegan.com/>

Ingredients:

3-5 tablespoons cooking oil
3-5 pieces vegan hotdogs, sliced (the amount is really up to you though) (optional)
4 cloves of garlic, peeled, crushed, and minced
1 medium yellow onion, peeled and minced
Few pinches of sea salt
2 tablespoons vegan butter (optional)
8 cups unsweetened almond milk (or your preferred plant-based milk)
Few tablespoons mushroom broth powder or vegan broth, or more if needed
2 cups elbow macaroni noodles
1-2 medium potatoes, peeled and cut into small cubes (about 1 ½ cup when cut)
1-2 medium carrots, peeled and cut into small cubes (about 1 ½ cup when cut)
1 ½ stalk of celery, base discarded, thinly sliced (about ½ cup when cut)
¼ of small cabbage, shredded (about 4 cups when cut)
Black pepper to taste
White pepper to taste

INSTRUCTIONS:

Heat a large pot over medium heat. Pour enough oil to cover the bottom of the pot. Once the oil is hot, fry the hotdogs for a minute, mix to fry all sides.

Mix in the garlic, onions, and a few pinches of salt. Cook until the onions have softened.

Mix in the vegan butter (optional), almond milk, mushroom broth, potatoes, and noodles. Turn up the heat and cook for 10 minutes. Stir occasionally so the noodles won't stick.

Once the noodles and potatoes are tender, mix in the carrots, celery, and cabbage, and cook for another minute or until the carrots have softened.

Season with salt, black pepper, and white pepper. Add more mushroom broth if needed. Turn off the heat and serve hot.

Cooking demonstration with Menlo Park Library, January 13, 2021
<https://www.menlopark.org/library>