

# VEGAN PHO

Vegan pho soup, comforting, healthy and warming. This soup is a nourishing plant-based option.

**Prep Time** 10 minutes

**Cook Time** 26 minutes

**Total Time** 36 minutes

**Servings** 4-6

## Ingredients

- 1 Red onion, quartered.
  - 1 Celery stalk, cut in pieces
  - 1 Large carrot, cut in pieces
  - 4 Garlic cloves
  - 4 Drops Ginger Essential Oil
  - 6 Button mushrooms
  - 8 cups of water
  - 2 Veggie stock cubes
  - 2 Drops Pink Pepper Essential Oil
  - 1 Tablespoon Soy Sauce (reduced sodium)
  - 1 Drop Cinnamon Essential Oil
  - 1-2 Teaspoon sea salt (or to taste)
  - 250g Rice Noodles
  - Chilli Flakes (to taste)
  - 1 Red Pepper chopped
1. Place water and stock in a large pot/crockpot and bring to boil until stock has dissolved.
  2. Meanwhile, prepare and prep all your additional ingredients.
  3. Add all pho ingredients to the pot. Simmer for 20 minutes.
  4. To serve, ladle soup into a bowl. Feel free to top your soup with any extra ingredients such as tofu, green onion and more!



\*Note all essential oils used are Certified Pure Therapeutic Grade DoTERRA Oils.