Mushroom Noodle Soup

Three generous noodle-soup bowls · Active 20 min · Total 50 min

Skills: Browning drained mushrooms and setting beaten egg ribbons in a hot noodle broth

Ingredients

- 1 tablespoon neutral oil (15 ml)
- 1 small onion, thinly sliced (100 g)
- 2 small cans plain sliced mushrooms, about 6 1/2 oz/184 g net each, well drained (about 230 g total drained)
- 1/2 teaspoon ground ginger (1 g)
- 5 cups water (1.2 L), plus up to 1/2 cup/120 ml extra if needed
- 2 tablespoons reduced-sodium soy sauce (30 ml)
- 8 oz dry wide egg noodles (225 g)
- 1 cup frozen peas (140 g)
- 2 large eggs, beaten
- 1/4 teaspoon black pepper (0.5 g)

Set out

Wide saucepan, at least 4 qt/4 L, Strainer, Small bowl and fork, Ladle, Food thermometer

Allergens

wheat, egg, soy. Check labels and substitutions.

Ingredient labels

Egg noodles and beaten eggs supply egg; noodles and many soy sauces contain wheat, and soy sauce supplies soy. Check actual labels for additional ingredients.

Make it

1. Heat oil in the saucepan over medium-high heat. Cook onion and drained mushrooms for 10–12 minutes, stirring occasionally, until excess moisture evaporates and some edges color. Add ground ginger and stir for 20 seconds.

2. Add 1.2 L water, soy sauce and pepper. Bring to a boil, then simmer gently for 3 minutes.

3. Add egg noodles and cook for their package time until tender. Add peas for their own full package-directed cooking time, usually the final 3–5 minutes; start earlier if required. If the pot is becoming too thick, add extra water gradually, up to 120 ml.

4. Keep the soup at a gentle simmer. Pour in beaten eggs in a slow thin stream while moving a fork gently through the liquid. Pause stirring for 30 seconds, then simmer for 2–3 minutes until egg ribbons are fully set and the soup reaches at least 160°F/71°C throughout. Do not serve fluid raw egg.

5. Divide the whole soup among 3 bowls, sharing noodles and egg as well as mushrooms and broth.

Canned does not mean a universal liquid

The mushroom can’s packing liquid is not the broth measure. Drain as directed and use the specified water so different salted products do not quietly change the soup.

A useful detail

Use the actual noodle and pea packet times rather than assuming all frozen vegetables or egg noodles cook equally fast. The 50-minute total includes boiling the measured broth.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 2 days. Reheat a portion to 165°F/74°C throughout, stirring gently and adding a little water because noodles absorb broth. Freezing this assembled egg-and-noodle soup is not recommended for texture; prepare only portions you can safely use.