

Chik N’ Noodles Soup

Ingredients:

* 5½ c     Water
* 1 pkg     Frozen Mixed Vegetables
* 1/4 c      Onion (diced)
* ¾ c        Extra Firm Tofu (diced)
* 8 oz       Noodles of Choice
* 3 T         Soy Margarine
* ¾-1 c     Chik N’ Seasoning
* Dash Cayenne

Instructions:

Bring water to hard boil, then add seasoning and cayenne and stir until well dissolved.  Then add remaining ingredients, turn down to medium heat, cover and simmer for about 8-10 minutes or until pasta is tender.