

## Mushroom Kale Ramen Bowl

1-2 Tbsp Coconut Oil (optional, use broth instead)  
12-16 oz fresh Mushrooms, sliced thin  
1 cup grated Carrots  
1 Tbsp grated Ginger  
1 Tbsp grated Garlic  
4 Green Onions, sliced thin  
4 cups Vegetable Broth  
3 cups of Water (or more broth)  
3 large Zucchini spiralized or your favorite GF ramen noodles  
1 cup Kale, slice in strips  
2 Tbsp Coconut Aminos  
Salt and Pepper to taste  
Large pinch of Red Pepper Flakes (optional)

In a large pot, heat oil, turn the heat down to medium-low and add the mushrooms, ginger, garlic, carrots and white parts of the onions. While the pot will be crowded, allow the bottom layer of mushrooms to cook for a few minutes before stirring. This will help the mushrooms sear a bit. Stir occasionally for about 6 minutes being careful not to burn. Scrape the garlic and ginger when you stir the mushrooms. Add the broth, water and bring to a boil. Scoop out about a cup of broth and set aside to cool a bit. Once boiling, add the noodles and strip of kale to the pot, turn down to medium and simmer for five minutes or until the noodles are tender. Remove from heat. Add the coconut aminos to the cup of broth and whisk to dissolve. Pour this in the ramen pot and stir. Taste for seasoning adjustments and add more coconut aminos if desired.