

# On-The-Go Veggie and Noodle Soup

Makes 2 Servings

## Ingredients

- 1 cup shredded cabbage
- 1/2 cup thinly grated or cut carrots
- 1/2 cup sliced mushrooms, such as white button or cremini mushrooms
- 1 green onion, sliced thin (optional)
- 1/2 teaspoon cayenne pepper
- 1 (10-ounce) can condensed chicken noodle soup
- 1/4 cup water

## Directions

1. In two large canning jars or heat-safe containers with tight sealing lids, divide cabbage, carrots, mushrooms, green onions (if using) and cayenne pepper evenly between jars.
2. Add soup and water evenly to each canning jar. Remove lids from jars and microwave on high for 1 minute and 30 seconds. Stir and cook for 1 minute and 30 seconds more. Stir again and allow to sit 3 minutes before serving.



Recipe from: Feeding Pennsylvania and PA Eats