**Mason Jar Soup**

*A better brown-bag lunch: serves one*

125 mL thin egg noodles

5 mL powdered beef or vegetable bouillon

Pinch brown sugar

½ carrot, peeled and julienned (1 inch matchsticks)

1 green onion, sliced (white & light green end)

½ shredded bok choy (or other green)

½ clove garlic, minced

1/4 chili (seeded and chopped)

1. Wash and prepare vegetables. Be careful seeded and chopped chilli! Wash your hands well afterwards.
2. In a 16-ounce (500 mL) mason jar, place noodles, bouillon, brown sugar, carrot, green onion, bok choy, garlic and chili. *Best to use a wide mouth mason jar; easier to eat out of.*
3. At lunchtime, add boiling water to cover and let stand 10-15 minutes, stirring once.
4. Then add soy sauce and a squeeze of lime to taste.