

## Certainly Not Chicken and Noodles

Serves 4

8 ounces fettuccini noodles prepared according to package instructions, drained and set aside.

1 8-ounce package button mushrooms sliced thinly

1 large onion, diced

2 stalks celery, diced

2 large carrots, peeled and diced

1 package frozen peas

1 quart Wellness Forum Health's Certainly Not Chicken Broth prepared according to package instructions

2 tablespoons arrowroot powder dissolved in 4 tablespoons cold water

Braggs Aminos to taste

- In a large skillet, sauté the mushrooms, onion, celery and carrot in 1/2 cup water until tender, 9-10 minutes.
- Add the broth and let come to a boil over high heat.
- Add the remaining ingredients, reduce the heat to medium and simmer until the broth thickens.

Season with Braggs to taste