

Tahong Soup (Filipino Mussels Soup)

Featuring Mussels

Tahong soup is a traditional Filipino dish that features mussels as the main ingredient. This hearty recipe is so easy to make with minimal ingredients and boasts unique flavors and aromas, thanks to the warm ginger broth.

Ingredients:

8 ounces rice vermicelli noodles, uncooked
2 tablespoons vegetable oil
6 cloves garlic, peeled, minced
1 medium onion, finely chopped
2-inch piece ginger, peeled, grated
1 (16-ounce) package mussels in the shell or half shell, frozen (thawed) or fresh
8 cups water
1 (5-ounce) bag baby spinach
Salt and pepper to taste (optional)

Instructions:

- 1 In a large bowl, cover vermicelli noodles in cold water and soak for 10-15 minutes while preparing the rest of the soup.
- 2 Heat oil in a 6-quart pot over medium-high heat.
- 3 Add garlic, onion, and ginger and cook until aromatic, about 7 minutes.
- 4 Add mussels and cook for 3 minutes or until the shells open.
- 5 Pour 8 cups of water in the pot, bring to a boil, then lower heat to medium, cover with a lid, and simmer for 5 minutes.
- 6 Drain the vermicelli noodles and add to the soup, along with the spinach. Mix well and cover for 2-3 minutes, just until the spinach is wilted.
- 7 Season with salt and pepper (if using), to taste and serve immediately.

Makes 4 servings

Prep Time: 5 min.

Cooking Time: 20 min.

Total Time: 25 min.

Recipe Author

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Nutritional information (per serving):

442 calories, 11 g total fat, 1 g fat, 423 mg sodium, 64 g carbohydrate, 44 mg cholesterol, 4 g total sugar, 14 g fiber, 23 g protein



Watch the recipe video here:
bit.ly/47fbPt9