



From the Kitchen of Executive Chef Jessica VanRoo

Miso Soba Noodle Soup

Serves 4

232 calories per serving

Description from Live Well UCI Health Blog: www.ucihealth.org/blog

This flavorful meal combines tofu, a plant-based, heart healthy protein, and soba noodles, which are made of high-fiber buckwheat and therefore more filling than regular white noodles. Adding kale, one of the most nutrient dense foods on the planet, packs in vitamins A, K and C.

But it is the savory, yet delicate flavors of miso, shitake mushrooms, black sesame oil, garlic, ginger and the Japanese soup stock, dashi, that transform this dish into a satisfying delight.

Total cost: \$14.63/ \$3.66 per serving

Ingredients

- 1 tablespoon black sesame oil or vegetable oil
- 1/2 cup chopped leeks
- 1 tablespoon minced garlic
- 1 tablespoon fresh grated ginger
- 2/3 cup fresh shitake mushrooms, thinly sliced
- 1 cup (packed) kale leaves, roughly chopped
- 2 tablespoons low-sodium soy sauce
- 4 cups (32 oz) dashi, chicken or vegetable broth
- 12 oz soft tofu, diced
- 1/2 cup pea shoots or other tender greens (like baby spinach)
- 1/4 cup red miso
- 8 oz soba (buckwheat) noodles, cooked and drained
- 1/2 cup scallions, chopped
- sesame seeds and/or chili flakes for garnish



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Instructions

1. Cook soba noodles according to directions, drain and set aside.
2. To make broth, heat sesame or vegetable oil over medium-high heat in a pot.
3. Add leeks, garlic and ginger, and cook just until leeks have softened. Try not to brown garlic.
4. Add shitake mushrooms and cook until they have softened. Then add in kale and cook for 1 minute or just until kale begins to wilt.
5. Add soy sauce and dashi or broth to the pot. Bring to a boil and cook for 3 minutes.
6. Remove 1/4 to 1/2 cup of hot stock to a bowl, mix with miso and set aside.
7. Stir diced tofu and pea shoots into the pot, and cook 1 minute to heat through. Turn off heat and add the reserved miso mix.
8. Place soba noodles in four bowls and sprinkle with scallions. Pour hot broth mixture over the top, garnish with sesame seeds and chili flakes, if desired.