

Ginger Miso Soba Noodle Soup

10 ingredients · 25 minutes · 2 servings



Directions

1. Bring a medium-sized pot of water to a boil. Add the soba noodles and cook for 6 to 7 minutes, until done. Drain and rinse with cold water until completely cooled. Set aside.
2. In a small bowl combine miso paste with just enough water to form a paste. Add the paste to a small saucepan along with the water, ginger, tamari and sesame oil. Bring to a gentle simmer, but be careful not to boil. Miso is a probiotic food, and should not be boiled.
3. While the broth is warming, divide the cooked noodles, bok choy, carrots, and snap peas between bowls. Pour the miso soup broth over the veggies to warm everything. Squeeze lime over each bowl and enjoy!

Notes

More Protein

Add a cooked salmon fillet, tofu steaks, edamame beans, or chicken.

No Soba Noodles

Use rice noodles instead.

Ingredients

- 3 1/2 ozs Buckwheat Soba Noodles
- 2 tbsps Miso Paste
- 2 cups Water
- 1 tbsp Ginger (grated)
- 1 tbsp Tamari
- 1 tbsp Sesame Oil
- 1 cup Bok Choy (quartered)
- 1 Carrot (medium, julienned)
- 1 cup Snap Peas (or snow peas, sliced)
- 1/2 Lime

Nutrition

Amount per serving

Calories	366	Sugar	6g
Fat	9g	Protein	11g
Carbs	49g	Sodium	1537mg
Fiber	5g		