



Real Food Recommendations For Optimal Health

Mushroom Noodle Miso Soup

Ingredients

- ¼ cup miso* (unpasteurised if possible)
- 2 cups mushrooms sliced (use Japanese shitake, oyster and enoki types if possible)
- ½ block nutrisoy or other firm tofu cubed
- 2 tbsp tamari
- 1 bunch spinach chopped
- 1 pack Spiral quinoa or buckwheat noodles or Slendier vermicelli
- 2 strips wakame seaweed
- 1.5 litres vegetable stock



Method

1. Add vegetable stock to saucepan and bring to the boil.
2. Add in tamari sauce.
3. Add the noodles to another large saucepan of boiling water and simmer for 5-10 minutes. Once cooked, drain and divide the noodles into 4 serving bowls.
4. Reduce heat and add mushrooms and spinach to the stock and tamari mix and cook for 4-5 minutes.
5. Cut the wakame seaweed into strips and add to the stock mix.
6. Add in the miso paste and tofu cubes and simmer gently for a few minutes. Note: it is important not to boil the miso.
7. Remove the miso soup from the heat and divide between the bowls containing the noodles.

Variation: You can add other vegetables such as broccoli, carrot, cauliflower, snow peas instead of spinach or mushrooms.

*Miso is a Japanese bean paste made from fermented soy beans. It is very good for improving the balance of beneficial bacteria in our digestive system. It is available from health food stores or Japanese food stores.