



Okinawan Miso Soup and Buckwheat Noodles

Brianna Meghawache, RD

Serves 3

Prep time: 10 minutes

Cook time: 5 minutes

Total time: 15 minutes

Ingredients

4 sticks dried kombu seaweed
2 cups water
1.5 oz 100% soba (buckwheat) noodles
3 tbsp miso paste
2 cups vegetable broth
3 yellow or orange carrots, sliced thin
2 cups napa cabbage, chopped
3.5 oz soft tofu, cubed
1/2 cup onion, minced
6 ounces shiitake mushrooms, sliced

Instructions

Soak kombu seaweed during the day or overnight. Use the same water to cook the noodles, along with the kombu seaweed. Do not drain the water - the starchy and seaweed soaking water are now an excellent source of iodine and provide the traditional cloudiness of miso soup! While the noodles are cooking, add the veggie broth and carrots, cook for 4 minutes on medium-high heat, and stir in the miso. Add in the tofu, mushrooms, green onion, and cabbage; cook for 5 minutes.

Serve hot and enjoy!