

Bok Choy Miso Soup	
Ingredients	Instructions
<ul style="list-style-type: none"> • 6 cups vegetable broth • 1 tbsp sesame oil (substitute for olive or vegetable oil) • 2 tbsp sweet white miso paste (or yellow) • 3-4 cups Bok choy, roughly chopped (2 heads) • 1 cup sliced mushrooms (shiitake or cremini) (8oz) • 3 garlic cloves, diced finely • 1 tbsp ginger, grated or finely chopped • 1 yellow onion, sliced • 4oz dry soba noodles • 1 tbsp lemon juice • ¼ tsp red pepper flakes (optional) • 1 block tofu, cubed and cooked (optional) • Green onion for garnish (or substitute for chives) 	<ol style="list-style-type: none"> 1. Sauté: Heat the oil in a large soup pot over a medium heat. Add the onions, mushrooms, garlic, ginger, and red pepper flakes then sauté until the onions become translucent, about 5-7 minutes. 2. Simmer Broth: Pour the broth into the large pot and add the miso paste breaking it up with a spoon as needed. Increase the heat to bring the vegetable broth to a simmer. (Do not boil vigorously after adding miso to preserve flavor.) 3. Add noodles: Add the soba noodles and cook according to the package's instructions until tender, usually 6-8 minutes. 4. Add Bok Choy: Halfway through the noodles cooking time, add the Bok choy. When the noodles are tender and the Bok choy has wilted, add the lemon juice. Taste and adjust seasoning if necessary. 5. Serve: Ladle into bowls and garnish with green onion.