



Tofu, Miso, Udon Noodle Soup



<http://coconutandberries.com/2013/09/28/tofu-miso-udon-noodle-soup/>

If using dried mushrooms, soak in boiling water for at least 30 minutes to rehydrate. Drain (reserving water) and slice.

Cook noodles according to packet instructions, drain and set aside in a bowl

Boil 2C Water (including the reserved mushroom soaking water), add ginger, sliced mushrooms, carrot and spinach and cook for 1 minute to wilt the greens. Remove from heat and stir through miso and tamari.

Pour vegetables and the broth over the noodles.

Top with silken tofu, green onions and sesame oil (if using).

Ingredients:

- 3 Dried shitake mushrooms (or use fresh)
- 1 1/2-2C Water
- 1/2t Grated ginger
- 50g Dried udon noodles (or use fresh)
- 1/2 Large carrot, julienned
- Large handful of spinach
- 1/2T White miso
- 1t Tamari
- 75g Silken tofu, cubed
- 1 Green Onion, thinly sliced
- Drizzle of toasted sesame oil (optional)

Serves: 1

Method:

Recipe from coconutandberries.com