

# Miso Noodle Soup

Classic and delicious. This week we're cooking up a traditional miso soup with somen noodles, bok choy, shitake mushrooms and organic non-GMO tofu. It's fresh, simple and super delicious.

**25** *Minutes to the Table*

**15** *Minutes Hands On*

**1 Whisks** *Super Easy*

## Getting Organized

### EQUIPMENT

Saucepan

Large Saucepan

### FROM YOUR PANTRY

Olive Oil

Salt & Pepper

### 6 MEEZ CONTAINERS

Somen Noodles

Vegetable Broth Starter

Bok Choy

Tofu

Shitake Mushrooms

Green Onion

## Make the Meal Your Own

**Want to spice it up?** Add Sriracha or Gochujang to this soup-both are delicious. Start with just a little bit and add more till it hits your desired spice level.

If you're cooking with the Gluten Free Glass Noodles, follow these directions:

Set a saucepan of water to boil. You will need to boil enough water to completely submerge the glass noodles. Place the Glass Noodles in a mixing bowl large enough for them to lay flat on the bottom. When the water is boiling, carefully pour the water over the glass noodles until they are completely submerged. Let the noodles soak for 2 to 3 minutes until they are soft. Remove the noodles from the hot water, place in a colander, Drain the noodles very well.

## Good to Know

**Health snapshot per serving** – 265 Calories, 15g Protein, 6g Fat, 52g Carb, 4 Freestyle Points.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Organic non-GMO Tofu, Somen Noodle, Shitake Mushroom, Bok Choy, Green Onion, Miso, Garlic, Ginger, Tamari, Lemongrass, Vegetable Broth,

*meez* meals

### 1. Prepare the Noodles

Bring a saucepan of water to a boil over high heat. Add the **Somen Noodles** to the boiling water and cook for 3 minutes. Place the noodles in a colander and rinse thoroughly with hot water. Drain well.

### 2. Prepare the Soup

While the water for the noodles is coming to a boil, heat 2 cups of water and the **Vegetable Broth Starter**, in a large saucepan over high heat. Cover and bring to a boil.

Place one **Bok Choy** bulb flat onto a cutting board, remove the bottom end, and cut remainder into thirds crosswise – repeat for each bulb.

Once the soup is boiling, add the, **Tofu**, sliced **Shitake Mushrooms**, and sliced bok choy.

Reduce the heat to low, cover and simmer until the bok choy and mushrooms are soft, about 5 minutes. Remove from the heat.

### 3. Put It All Together

Serve the soup on top of the noodles and top with the **Green Onion**. Enjoy!

*Bok Choy is a delicate green and wouldn't hold up if we cut it in advance.*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**