

ROAD NOTES HEALTHY RECIPE  
(RVegan\_life @ Instagram)

# Miso Soup with Soba Noodles & Tofu



Ready in 15 **minutes**

Serves **1 serving**

## Ingredients

- 1 cup enoki mushrooms
- 1 pcs green onions
- ¼ cup seaweed
- 2 pcs radish
- 1 tbsp cilantro
- 2 tbsp miso paste
- ½ cup tofu
- ½ pcs vegetable bouillon
- ½ tsp sesame seeds
- 2 cups water
- ½ pack soba noodles

## Preparation

1. Cook the soba noodles as instructed on the package.
2. Heat up the water.
3. In a bowl, mix miso paste with a little warm water and whisk until smooth.
4. In a pot mix the vegetables bouillon and rest of the water and bring to a low simmer. Add the seaweed and simmer for 7 minutes more.
5. Add green onion, mushrooms and tofu and cook for 5 more minutes. Remove from heat, add the miso mixture, and stir to combine.
6. Add the soba noodles and serve warm with slices of radish, green onion, cilantro, and sesame seeds.
7. Enjoy your soup!

## Meal Information

Calories: 512.00

Protein: 1.22 oz

Fat: 0.51 oz

Carbs: 2.34 oz

Miso is an incredibly nutritious fermented food, improving digestion and increasing immunity.

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