



Makes 6 cups
Preparation Time: 30 minutes

INGREDIENTS:

4 cups chopped fresh wild mushrooms, such as shiitake, maitake, oyster, and/or trumpet

4 scallions (green onions), thinly sliced

2 tablespoons brown rice vinegar

1½ teaspoons grated fresh ginger

2 cloves garlic, minced

2 teaspoons kelp granules

2 pinches Japanese togarashi spice blend (optional)

5 oz. dry soba or udon noodles

1 carrot, cut into matchsticks (1 cup)

1 bell pepper, cut into matchsticks (1 cup)

1 cup trimmed snow peas

7 oz. firm tofu, cut into ¾-inch cubes

1 tablespoon miso paste

¼ cup cilantro leaves

½ of a toasted nori sheet, cut into thin 2-inch strips (optional)

Vegan Miso Soup with Noodles and Tofu

This tasty vegan miso soup is packed with savory flavor and fresh veggies, while noodles add some heartiness. Dashi, the clear broth in miso soup, is traditionally made with bonito (fish) flakes, but you can achieve incredible umami flavor with mushrooms and kelp granules instead.

Togarashi, aka Japanese Seven-Spice Mix, is a popular soup topper in Japan that includes chiles, sesame, and orange zest. Look for it in supermarkets or online.

By Darshana Thacker Wendel

- 1** In a large pot or Dutch oven combine the first seven ingredients (through Japanese Togarashi spice blend) and 6 cups water. Bring to boiling; reduce heat. Simmer, uncovered, 20 minutes. Strain broth; return to pot.
- 2** In a large saucepan cook noodles according to package directions, adding carrots, bell pepper, snow peas, and tofu the last 3 minutes of cooking. Drain.
- 3** In a small bowl whisk together miso paste and 2 Tbsp. water until smooth. Return broth mixture to boiling; remove from heat. Stir in miso paste.
- 4** To serve, ladle broth into individual bowls; top with noodle mixture. Sprinkle with cilantro and, if desired, nori strips and additional Japanese Togarashi spice blend.