

## Hearty One-Pot Meal Miso Soup

*This soup is very versatile and makes a lot, so plan on leftovers (you may need to add extra broth the next day as the noodles suck up all the liquid overnight). You can use whatever vegetables you have on-hand instead of the carrots and bok choy. See the notes for some additional options.*

### Ingredients

- 1/2 teaspoon sesame oil
- 1 tablespoon ginger-root, peeled and minced
- 4 cloves garlic, minced
- 12 cups water
- 1/2 tablespoon wakame or other seaweed
- 1 1/2 cups carrots, cut into matchsticks
- 1 1/2 ounces dried shiitake mushrooms
- 1 1/2 cups frozen shelled edamame
- 5 ounces buckwheat soba noodles, uncooked
- 1 pound baby bok choy, cut into 1/2-inch slices
- 6 to 8 tablespoons mellow white miso
- 1 teaspoon prepared wasabi (optional or to taste)

### Instructions

1. Heat the sesame oil in a large, non-stick soup pot. Add the ginger and garlic and cook for one minute. Add the water, wakame, carrots, and dried mushrooms and bring to a simmer. Cover and simmer for 15 minutes, or until mushrooms are tender. Add the edamame and cook for another 5 minutes.
2. Add the noodles and the bok choy, cover, and cook until noodles are tender, about 7 minutes.
3. Place the miso and wasabi in a bowl and add about 1/2 cup of the hot soup broth. Stir or whisk until there are no lumps and then add it back to the pot and heat through but do not boil. Taste and add more miso or wasabi as needed.

Preparation time: 10 minute(s) | Cooking time: 30 minute(s)

Number of servings (yield): 8

Recipe source: <http://blog.fatfreevegan.com/2011/09/hearty-one-pot-meal-miso-soup.html>