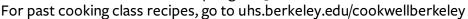
# **Plant-Based & Planet-Friendly**

Spring 2023





# **Easy One-Pot Miso Ramen**

Serves 1

Time 25 minutes

Vegan Common Allergens Soy, wheat, tree nuts, sesame, may contain peanuts Recipe from The Foodie Takes Flight

#### Ingredients

#### Soup Base

- 1 tablespoon toasted sesame oil
- 1 teaspoon ginger, grated
- 2 cloves garlic, minced
- ½ cup scallions chopped, white and green parts separated (about 2 scallions)
- 1 ½ tablespoon reduced sodium white miso
- 1 tablespoon peanut butter or Asian sesame paste
- ½ to 1 tablespoon doubanjiang or other chili sauce/paste, adjust according to desired spice
- 2 cups vegetable broth
- 1 cup soy milk or other plantbased milk
- 1 tablespoon chili oil, adjust according to desired spice
- 2 dried shiitake mushrooms
- 1 tablespoon reduced sodium tamari or soy sauce or to taste

## **Noodles and Toppings**

- 1 head baby bok choy, sliced in half, or other greens of choice
- 1 instant ramen brick
- ½ cup corn kernels
- Sesame seeds
- Roasted nori sheets



### Instructions

- 1. Heat a saucepan over medium high heat. Add in the sesame oil. Once hot, add in the garlic, ginger, and white parts of the scallion. Sauté over medium high heat for 1-2 minutes.
- 2. Lower the heat to medium. Add in the miso paste, sesame paste/nut butter, and doubanjiang or other chili paste. Mix until well combined.
- 3. While stirring, add in the broth and soy milk.
- 4. Keep stirring over medium heat until the paste is diluted. Add the chili oil and dried mushrooms. Cover the pot and leave the soup to boil over medium high heat, around 5 minutes. Once it boils, lower the heat to a simmer.
- 5. Taste the soup and season with soy sauce, to taste, if needed.
- 6. You can remove the mushrooms and slice these into thin strips, then add them as a topping at the end.
- 7. Meanwhile, add the vegetables of your choice to the soup.
- 8. When the vegetables are almost cooked to your liking, add in the instant ramen brick. Turn off the heat at this point, especially if your instant ramen cooks very quickly. If not, you can leave the noodles to cook until chewy before turning off the heat. Add in the corn and remaining chopped scallions along with the sesame seeds. Optional: add more chili oil and roasted nori.