

Miso Zucchini Noodle Soup

Serves 2



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 1 teaspoon olive oil
- ½ cup mushrooms, sliced
- 3 cups low-sodium broth or water
- ¼ cup miso
- 1 cup zucchini, spiral sliced
- 6-8 ounces silken tofu, diced
- ¼ cup green onions, sliced

Directions

1. Heat oil in saucepan over medium-high heat. Add mushrooms and cook until they begin to brown, stirring occasionally, about 3-4 minutes.
2. Add broth or water and bring to a boil. Ladle out ½ cup of broth or water into a small bowl and whisk together with miso until it dissolves. Pour the miso broth back into the saucepan and reduce heat to a simmer.
3. Add zucchini and tofu and let cook for 2 minutes or until zucchini noodles are just tender. Garnish with green onion and serve.

Notes

For deeper flavor, first make dashi, or Japanese stock: Heat 2 cups of water in a sauce pan and add a 2-inch piece of kombu (seaweed). Just before the water comes to a boil, remove the kombu. [Optional: Add ½ cup loosely packed dried bonito (fish) flakes and bring to a simmer for 1 minute. Remove from heat and let sit for 5 minutes.] Strain and add more water to reach 3 cups and substitute for the broth for this recipe.

Recipe from Spiralize This cooking class, Spring 2017