

Shiitake Miso Soup

Source: Your Body in Balance by Neal Barnard, MD; recipe by Lindsay S. Nixon

Find this recipe and more in [Your Body in Balance](#) by Neal Barnard, MD!

About the Recipe

162 Calories · 8.3 g Protein · 4.3 g Fiber
Dinner

Ingredients

Makes 4 Servings

- thin Asian noodles or spaghetti (4 ounces)
- low-sodium vegetable broth (1 quart)
- sliced shiitake mushrooms (8 ounces)
- sliced green onions (1/3 cup)
- garlic, minced (2 cloves)
- minced ginger (1 tbsp.)
- carrots, sliced (2)
- miso paste or low-sodium soy sauce (2-3 tbsp.)
- low-sodium soy sauce (1 tbsp.)
- spinach or shredded cabbage (2 cups)
- red pepper flakes or sriracha (to taste)

Directions

1. Gather ingredients. Cook noodles as directed on package to al dente. Drain, rinse under cold water, and set aside.
2. Meanwhile, pour 1/4 cup broth into a large pot. Add mushrooms and cook until just soft.

3. Add green onions (save a little for garnish), garlic, and ginger and continue to cook until onions are translucent, adding a bit of water if needed.
4. Stir in remaining broth and carrots. Cover, bring to a boil, then reduce heat and simmer until carrots are tender. Stir in cooked noodles and miso. Let stand for a few minutes, then taste, adding more miso (or soy sauce) as desired.
5. Add spinach (or cabbage) before serving, stirring until it softens. Add red pepper flakes or sriracha, if desired. Garnish with remaining green onions.

Nutrition Facts

Per serving (1/4 of recipe)

Calories: 162

Protein: 8.3 g

Carbohydrate: 35 g

Sugar: 5.4 g

Total Fat: 0.8 g

Calories from Fat: 4%

Fiber: 4.3 g

Sodium: 593 mg