Miso Noodle Soup

Classic and delicious. This week we’re cooking up a traditional miso soup with somen noodles, bok choy, shiitake mushrooms and organic non-GMO tofu. It’s fresh, simple and super delicious.

Getting Organized

EQUIPMENT
- Saucepan
- Large Saucepan

FROM YOUR PANTRY
- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS
- Somen Noodles
- Vegetable Broth Starter
- Bok Choy
- Tofu
- Shiitake Mushrooms
- Green Onion

Make the Meal Your Own

If you’re cooking the carb conscious version, we sent you parsnip “noodles” for somen noodles, reducing the carbs per serving to 27g. Bring a saucepan of water to a boil over high heat. Add the Parsnip Noodles to the boiling water and cook for 3 minutes. Turn off the heat and let the parsnip noodles sit in the water until Step 3. Place the noodles in a colander, drain well and put directly into a bowl.

If you’re cooking with the Gluten Free Glass Noodles, follow these directions:
Set a saucepan of water to boil. You will need to boil enough water to completely submerge the glass noodles. Place the Glass Noodles in a mixing bowl large enough for them to lay flat on the bottom. When the water is boiling, carefully pour the water over the glass noodles until they are completely submerged. Let the noodles soak for 2 to 3 minutes until they are soft. Remove the noodles from the hot water, place in a colander, Drain the noodles very well.

Good to Know

Health snapshot per serving – 265 Calories, 15g Protein, 6g Fat, 52g Carb, 4 Freestyle Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Organic non-GMO Tofu, Somen Noodle, Shiitake Mushroom, Bok Choy, Green Onion, Miso, Garlic, Ginger, Tamari, Lemongrass, Vegetable Broth,
1. **Prepare the Noodles**
   Bring a saucepan of water to a boil over high heat. Add the *Somen Noodles* to the boiling water and cook for 3 minutes. Place the noodles in a colander and rinse thoroughly with hot water. Drain well.

2. **Prepare the Soup**
   While the water for the noodles is coming to a boil, heat 2 cups of water and the *Vegetable Broth Starter*, in a large saucepan over high heat. Cover and bring to a boil.

   Place one *Bok Choy* bulb flat onto a cutting board, remove the bottom end, and cut remainder into thirds crosswise – repeat for each bulb.

   Once the soup is boiling, add the *Tofu*, sliced *Shitake Mushrooms*, and sliced bok choy.

   Reduce the heat to low, cover and simmer until the bok choy and mushrooms are soft, about 5 minutes. Remove from the heat.

3. **Put It All Together**
   Serve the soup on top of the noodles and top with the *Green Onion*. Enjoy!

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Instructions for two servings.

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