

RECIPE

Edamame Soba Noodle Broth Bowl

8 servings

Ingredients

For the Fortified Vegetable Broth:

1 teaspoon sesame oil
1 teaspoon minced garlic
1/2 tablespoon grated ginger root
8 cups low sodium vegetable stock
2 tablespoons fresh lime juice
1 teaspoon sambal oelek chili paste
1 tablespoon Worcestershire sauce
1 tablespoon light brown sugar
1/4 cup chopped fresh cilantro
1/4 cup low sodium soy sauce

For the Bowl:

4 cup cooked soba noodles
2 cups baby spinach
2 cups chopped Napa cabbage
1/2 cup shredded carrots
2 cups frozen shelled edamame (thawed)
8 hard cooked eggs, cut in half
2 tablespoons chopped green onions
1 tablespoon toasted sesame seeds

For the Vegetables:

1 tablespoon sesame oil
1 cup sliced Vidalia onions
1 cup julienned red bell pepper
1 cup sliced crimini mushrooms
1 tablespoon minced fresh garlic

Directions

- 1. For the Fortified Vegetable Broth:** In a medium soup pot, heat the sesame oil over medium heat. Add the garlic and ginger to the oil and sauté for 2 minutes. Add remaining ingredients and simmer for 15 minutes. Hold hot to create bowls.
- 2. For the Vegetables:** In a medium sauté pan, add sesame oil. Add the onions and red bell pepper and sauté to soften about 2 minutes. Add the mushroom and garlic and cook for 2 minutes cook until fragrant. Hold hot to create bowls.
- 3. To assemble each bowl:** Start by placing 1/2 cup of cooked soba noodles into the bottom of the bowl. Top with 3 oz. of the cooked vegetable mixture. Continue building with the remaining ingredients; 1/4 cup of each baby spinach and Chinese cabbage, 1 tablespoon of shredded carrot, 1/4 cup thawed edamame, and 2 hard cooked egg halves (1 whole egg). Ladle 8 oz. of broth over the noodles and vegetables. To finish, garnish each bowl with chopped green onions and toasted sesame seeds.

CALORIES	FAT	SATFAT	CARBS	PROTEIN	FIBER	SODIUM
282	11	2	30	18	5	586