



VEGETARIAN MISO NOODLE SOUP

SERVINGS: 50 CALORIES: 394 KCAL

Try this fun Ramen noodle bowl with lots of vegetables! With mushrooms, carrots, peas, onions, and spinach this dish will have lots of colors and taste delicious!

INGREDIENTS

1 cup 1/2 tablespoon Oil, Sesame, salad or cooking

1/2 cup 1 teaspoon Ginger Root, raw

1/2 cup 1 teaspoon Garlic, raw

2 pounds 1-1/3 ounces Mushrooms, raw

1 gallon 3/4 cup (grated) Carrots, raw

1 gallon 3/4 cup Spinach, raw

1 cup 1/2 tablespoon Miso

1-1/2 gallons 1 cup Broth, vegetable, low sodium

9 pounds 8 ounces Spaghetti, whole grain, dry

2 quarts 1/4 cup (whole) Pea Pod, raw

1 cup 1/2 tablespoon (chopped) Onions, spring or scallions

INSTRUCTIONS

1. In a large pot, add sesame oil at medium high heat. Add garlic and ginger and saute for 1 minute. Quickly add mushrooms and carrots and saute for 5-6 minutes. Add spinach and wilt down 1-2 minutes.
2. In a liquid measuring cup add 4 cups of chicken broth. Whisk in Miso paste until dissolved. Add this mixture along with remaining vegetable broth to vegetables. Cook 10 minutes.
3. In a separate pot, cook spaghetti according to package directions (drop in boiling water for 8-10 minutes, drain and rinse.) Hold warm.

TO ASSEMBLE:

1. In noodle bowl, add 1 cup of noodles, snow peas, and scallions. Pour vegetable/broth mixture onto the noodles. Serve bowl to kids. Serve hot.

RECIPE NOTES

Crediting: 1 1/2 cup of soup is 1 cup vegetable and 2 oz grain equivalent

NUTRITION FACTS PER SERVING (1CUP)

Calories: 394 kcal | Fat: 6.71 g | Saturated fat: 0.97 g | Cholesterol: 2 mg | Sodium: 310 mg | Carbohydrates: 72.93 g | Fiber: 10.63 g | Sugar: 0.8 g | Protein: 16.66 g

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.