

LiveWell

# Soba noodle soup

Yield: 4 servings



## Ingredients:

- 14 ounces extra firm tofu
- 6 ounces raw soba noodles
- 2 cups bok choy stems
- 3 Tablespoons sesame oil
- 1 cup oyster mushrooms or button mushrooms, sliced
- 1 cup thinly sliced celery
- 5 garlic cloves, minced
- 1 Tablespoon minced ginger
- ¾ cup sliced green onion
- 1 star anise
- 4 cups low-sodium vegetable broth
- 2 teaspoons low sodium miso
- ½ cup corn starch
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon dried thyme
- Vegetable oil cooking spray
- 2 soft boiled eggs, cut in half

## Directions:

Drain tofu and wrap in a paper towel. Place a heavy object on top of the wrapped tofu, allowing it to be pressed while you prepare soup. Preheat oven to 350° F. Heat a medium saucepan of water over high heat until simmering. While cooking water heats, fill a medium bowl halfway with ice and cover with water to make an ice bath. Carefully place bok choy in the hot water and cook until just tender, 3-4 minutes, then use a slotted spoon or tongs to place it in the ice bath. Allow cooked bok choy to cool completely in ice bath, then set aside. Cook soba noodles in the simmering water from the bok choy until al dente (firm but tender). Strain noodles over a bowl and reserve cooking water. Place a large pot over high heat and add sesame oil when hot. Allow sesame oil to heat for about 30 seconds, then add mushrooms, stirring until they are seared and coated with oil. Add celery, garlic, and ginger and sauté for 4-5 minutes, stirring lightly. Add green onions and star anise and cook for another 2-3 minutes. Add vegetable broth and 1 cup of reserved cooking water and bring to a simmer. While broth is heating, place miso in a small bowl and ladle in some broth to temper (to learn about tempering, view this recipe's video on the LiveWell blog). Pour tempered miso into the pot of broth. Turn burner to low, cover soup and simmer for 15-20 minutes. While soup simmers, prepare tofu: In a medium bowl, combine corn starch, garlic powder, onion powder, cinnamon, ground ginger, and thyme. Cut tofu into 1-inch chunks and toss with corn starch mixture. Arrange tofu on a greased sheet pan and coat evenly with vegetable oil cooking spray. Bake for 20 minutes or until crispy, flipping tofu halfway through. Remove star anise from broth. To assemble servings: divide noodles evenly between 4 bowls. Pour broth over noodles, arranging mushrooms so they sit on top. Divide tofu and cooked bok choy between bowls, and place ½ an egg on top of each.

## Nutrition information per serving:

Calories: 482	Sodium: 450 mg	Food exchanges:
Fat: 18.5 grams	Carbohydrate: 56 grams	3.5 carbohydrate,
Saturated fat: 2.5 grams	Fiber: 4 grams	1 vegetable,
Cholesterol: 87 mg	Protein: 20 grams	1.5 protein, 3 fat

For a demo of this recipe, and for more wellness information, visit [henryford.com/recipes](https://henryford.com/recipes)