

Genmai Miso Soup with Hijiki, Soba and Tofu

Source: Rebar Modern Food Cookbook by Audrey Alsterberg + Wanda Urbanowicz

Prep	Cook	Total
10 min	35 min	45 min

Serving: 4

Nourishing, satisfying and a one bowl meal. Sea veggies are anti-inflammatory and high in fiber, protein, vitamins and minerals. Miso contributes to the depth of flavor and adds a probiotic to support gut health.

Loaded with vitamins and minerals! But be aware that sodium is high. Feel free to use coconut aminos in place of the soy and mirin and eat lots of veggies throughout the day. Equally delicious.

Be sure to use organic sprouted tofu as soy is very hard to digest and more healthful when sprouted. Don't worry, it looks just like regular tofu.

Ingredients

6 cups water

4 tablespoons hijiki

3 tablespoons soy sauce *or coconut aminos*

2 tablespoons mirin *skip if using aminos*

1 block firm tofu *cut into 1/2 cubes*

8 tablespoons genmai miso

2 cups cooked soba noodles

4 ounces spinach leaves

6 scallions *minced*

4 teaspoons sesame seeds *toasted*

Directions

Heat water to a simmer; add hijiki, soy and mirin (or coconut aminos). Cover and remove from heat. Allow hijiki to soak for 20 minutes.

Return pot to burner and reheat to a simmer. Add tofu and simmer 5 minutes. Whisk in miso and add remaining ingredients except sesame seeds. Heat through very gently without bring to a boil (boiling the miso will kill the probiotic). Divide between bowls and garnish with sesame seeds.

Notes:

I cut the soy sauce in half from the original recipe. Consider cutting more or add a bit more if you like a stronger flavor.

Feel free to add in or change the veggies. Try carrots, bok choy, chard, mushrooms...really the list is endless