

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Creamy Miso Soup with Veggies, Greens and Soba Noodles

Use a mixture of seasonal veggies for the greatest variety of colors, textures, flavors and nutrients in your soup. If you substitute kale for the chard, put it into the pot to cook at the same time you stir in the soba noodles.

Makes about 16 cups

1 medium onion, sliced pole-to-pole
1 tablespoon olive oil
2 cups roll-cut carrots
2 cups celery, 1/3-inch dice
2 cups, yam 1/3-inch dice
1 4-inch piece kombu
1/3 cup fresh ginger, minced
2 large cloves garlic, crushed
1/2 teaspoon salt
8 ounces soba noodles, broken in half
1 bunch chard: stems cut into 1/2-inch dice
greens cut into 1-inch wide strips

Miso/Tahini/Curry paste—process together in the blender until smooth

1/3 cup mellow white miso
1/4 cup mellow brown rice miso
1/4 cup tahini
1 teaspoon Thai Red or Green Curry Paste (or more to taste)
1 cup water

Pour the oil into the bottom of a large soup pot over medium heat. Stir in the onions. Cover the pot and cook the onions until translucent and beginning to color, stirring occasionally. Add the carrots, celery, drained yam, kombu, garlic, ginger and salt and sauté for 5 minutes.

Add 9 cups of water, cover the pot and bring to a boil over high heat. When the water boils stir in the soba noodles and lower the heat so that the soup simmers.

After one minute stir in the diced chard stems.

After two more minutes stir in the chard greens.

After another two minutes, turn the heat down to low and stir in the miso/tahini/curry paste. Add half a cup of water to the blender to release any of the paste clinging to the sides of the blender jar.

Taste the soup and season to taste with salt or additional miso.