

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Miso Vegetable Soup Recipe for Camping

Plenty of colorful and nutrient-rich vegetables, shiitake and soba noodles transform miso soup from a light accompaniment into a healthy and substantial vegan breakfast, lunch or dinner. Similar to last year's camping recipe, I again rely on [Trader Joe's](#) instant miso soup packets. [Shiitake mushrooms](#), broccoli florets and kale leaves and diced stems round out this recipe for Miso Vegetable Soup. The shiitake add Asian flair and rich taste along with B vitamins, minerals and protein.

Active time: 20 minutes

Total Time: 30-45 minutes*

Yield: 2-4 servings as an entrée

1 tablespoon olive oil
½ onion, thinly sliced pole-to-pole
2 large carrots, halved and thinly sliced on the diagonal
1 medium-sized broccoli crown cut into small florets, the stem thinly sliced
1 large clove garlic, minced
½ inch piece fresh ginger, minced
½ teaspoon sea salt
6 cups water
¼-inch diced stems from ½ bunch kale
6-9 shiitake, caps sliced, stems discarded or reserved for preparing stock
½ bunch kale leaves cut into 2-3 inch pieces
4 ounces soba noodles, pre-cooked
2 individual packets Trader Joe's Instant Miso Soup

Heat the oil in your pan over medium-high heat. Stir in the sliced onion. Place a lid on the pan and cook until the onion becomes transparent, about 5 minutes.

Stir in the carrots, broccoli, minced garlic and ginger. Sprinkle the vegetables with the salt and stir in the kale stems. Cover the pan and cook until the vegetables are just tender, about 4-5 minutes. Stir in the sliced shiitake and kale leaves.

Add the water. Cover the pan and raise the heat to high. When the water boils reduce the heat so the soup simmers. Once the kale is tender stir in the soba noodles. When the noodles are hot, add the contents of the Miso Soup packets and stir gently to dissolve in the soup.

*The total time will depend upon the efficiency of your stove, most especially if it is cold outside.