

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Miso Soup with Vegetables and Soba Noodles—Camping Version

Yield: 2-4 servings as an entrée

- 1 tablespoon olive oil
- 1 onion, thinly sliced pole-to-pole
- 2 large carrots, quartered lengthwise and cut into 1/3-inch dice
- 2 large stalks of celery, sliced lengthwise and cut into 1/3-inch dice
- 1 large clove garlic, minced
- ½ inch piece fresh ginger, minced
- ½ teaspoon sea salt
- 6 cups water
- 1 cup ½-inch diced stems from ½ bunch Swiss chard
- ½ bunch Swiss chard, cut into 3-inch squares
- 4 ounces pre-cooked soba noodles
- 2 individual packets Trader Joe's 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 diced carrots and celery and the minced garlic and ginger. Sprinkle the vegetables with salt and stir in the chard stems. Cover the pan and cook until the vegetables are just beginning to become tender, another 4-5 minutes.

Add the water, cover the pan and raise the heat to high to bring the water to a boil.

After 5 minutes, stir in the chard. When the chard wilts, stir in the soba noodles. Sprinkle over the contents of Miso Soup packets and stir gently to dissolve.

