

# Miso Pasta Soup

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## Ingredients:

2 tbsp. extra-virgin olive oil	6 cups water
2 Cups shallots	4 cups carrots
2 cups celery	1 cup chopped shitake mushrooms
2 cups spinach	1 cup whole wheat noodles
2 tbsp. fresh miso	

## Directions:

In a medium skillet, heat olive oil. Add chopped shitake mushrooms, shallots, carrots, and celery and stir until browned 2-3 minutes. Then add the boiling water, vegetables, and pasta. Simmer for 7-10 minutes. Add the spinach. Dissolve the miso in a bowl of warm water. Add this to the pasta and vegetables. Serve in a bowl topped with chopped green onions if desired.

8 servings

Carbohydrate - vegetables = 2

Carbohydrate - grain = 1

Fat = 1

This soup can be a non-traditional breakfast, snack or part of lunch and dinner.

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