

Miso Quinoa Broth Bowls

Yield: 4 Servings

Soup Ingredients:

- 2 tablespoons sesame oil
- 5 garlic cloves, minced
- 2 tablespoons fresh ginger, minced
- 8 cups water
- 4 tablespoons white miso paste
- 1 ½ tablespoons low-sodium soy sauce
- ½ bunch scallions, thinly sliced
- 1 bunch kale, stems and leaves chopped and separated
- 4 oz white mushrooms, sliced
- 2 cups cooked quinoa
- 4 soft-boiled eggs (recipe below)

Marinated Green Onions:

- ½ bunch green onions, sliced
- 1 tablespoon low-sodium soy sauce
- 2 tablespoons chili garlic sauce
- 1 teaspoon red pepper chili flakes
- 1 teaspoon sesame seeds

Optional Toppings:

- Shredded carrots
- Dried seaweed
- Sriracha
- Sesame seeds

Directions:

1. In a small bowl, combine the ingredients for the marinated green onions. Set aside.
2. Heat oil in a large soup pot. Add the garlic and ginger and stir and sauté until fragrant, ~30 seconds. Add in the vegetable broth, miso paste, soy sauce, scallions, kale stems, and mushrooms. Bring to a simmer.
3. In four bowls, add ½ cup cooked quinoa. Spoon 2 cups broth into each bowl. Top with marinated green onions, kale leaves, and soft-boiled eggs. Top with any other desired toppings.

Miso Quinoa Broth Bowls		
Nutrition Facts		
Serving Size	1 × 1 Bowl	
Amount Per Serving		
Calories	326.1	
		% Daily Value*
Total Fat	15.3 g	20 %
Saturated Fat	3 g	15 %
Trans Fat	0 g	
Cholesterol	164.1 mg	55 %
Sodium	1299.4 mg	56 %
Total Carbohydrate	33.8 g	12 %
Dietary Fiber	5.5 g	20 %
Total Sugars	5.8 g	
Added Sugars	1.1 g	2 %
Protein	15.1 g	
Vitamin D	1 mcg	5 %
Calcium	111.8 mg	9 %
Iron	3.5 mg	19 %
Potassium	574.2 mg	12 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Cooked Quinoa

Yield: 3 Cups Cooked

Ingredients:

- 1 cup dry quinoa
- 1 $\frac{3}{4}$ cups water
- Salt, to taste

Directions:

1. Rinse the quinoa by placing it in a strainer that fits inside of a bowl and rinse a few times until the water in the bowl is clear. Drain.
2. Add water and quinoa to a large pot with a lid. Bring to a boil. Cover, reduce, the heat, and simmer for 15 minutes. Remove from the heat and let sit, covered, for 10 minutes. Fluff with a fork.

Soft-Boiled Eggs

Directions:

1. Fill a medium pot with water and heat to a gentle simmer, just below boiling. Using a slotted spoon, carefully lower the eggs into the water and let simmer for 7 minutes.
2. Remove and chill immediately in a bowl of ice water for 3 minutes.
3. Once the eggs are cool, tap the bottom of each egg to crack a little bit of the shell.
4. Take a small spoon and carefully slide it in and around the egg to loosen and remove it from the shell.

