

Bento Box Soup

Yield: 6 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-japanese-bento-box-recipe>

Ingredients:

- 4 ounces soba noodles
- 4 cups vegetable broth organic, homemade or store-bought
- 1/2 teaspoon toasted sesame oil or hot pepper sesame oil
- 1 strip kombu
- 3 green tea bags
- 1 carrot peeled and grated
- 1/2 cup shiitake mushrooms stemmed and sliced
- 4 ounces firm tofu cut into 1/2-inch cubes
- 2 tablespoons tamari
- 1/4 cup white miso
- 2 scallions white and green parts, sliced diagonally
- 1 tablespoon lemon juice freshly squeezed
- 1 1/2 cups baby spinach loosely packed

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 22 grams
3. Fat: 3 grams
4. Fiber: 2 grams
5. Protein: 8 grams
6. Sodium: 1560 milligrams
7. Sugar: 3 grams

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