

# Miso Soba Stir Fry With Greens And Beans

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-style-broccoli-recipe>

## Ingredients:

- 8 ounces soba buckwheat
- 1 pound broccoli stems thinly sliced, cut into florettes
- 1 teaspoon olive oil
- 6 cloves garlic minced
- 1 bunch Swiss chard about 1/2 pound, rough stems removed, roughly chopped
- 1 cup sliced green onions thinly, plus extra for garnish
- 1/2 teaspoon salt
- 16 ounces azuki bean can, rinsed and drained
- 1/3 cup miso
- 1/2 cup hot water
- 4 teaspoons toasted sesame seeds
- sauce Sriracha hot, to serve
- cooking spray

## Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 96 grams
3. Fat: 6 grams
4. Fiber: 16 grams
5. Protein: 27 grams
6. SaturatedFat: 1 grams
7. Sodium: 1960 milligrams
8. Sugar: 8 grams

Thank you for visiting our website. Hope you enjoy Miso Soba Stir Fry With Greens And Beans above. You can see more 18 japanese style broccoli recipe Unlock flavor sensations! to get more great cooking

ideas.