

Japanese Eggplant Miso Noodle Soup

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/vermicelli-soup-recipe-japanese>

Ingredients:

- 1 1/2 tablespoons vegetable oil divided
- 1/2 pound extra firm tofu drained, pressed for at least 20 minutes, and cut into 1 inch cubes
- 1 teaspoon toasted sesame oil
- 3 garlic cloves minced
- 1/2 tablespoon ginger fresh grated
- 2 Japanese eggplants medium, about 1/2 lb. total, cut into 1/2 inch cubes
- 5 cups water
- 3 ounces vermicelli rice noodle
- 1/4 cup white miso paste
- 2 tablespoons rice vinegar
- 2 tablespoons soy sauce
- 3 scallions chopped
- 2 teaspoons toasted sesame seeds

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 39 grams
3. Fat: 14 grams
4. Fiber: 10 grams
5. Protein: 17 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1120 milligrams
8. Sugar: 7 grams

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