

Soba Noodle Soup with Spinach and Mushrooms

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-soba-broth-recipe>

Ingredients:

- 2 tablespoons olive oil
- 12 ounces shiitake mushrooms stems removed, caps thinly sliced, we used button mushrooms because we already had them
- 4 scallions thinly sliced
- 1 garlic clove minced
- 1 tablespoon fresh ginger peeled and minced
- coarse salt
- 2 cans reduced sodium chicken broth 14.5 Ounces each, we used vegetable broth
- 1 package soba noodles
- 1/2 bunch fresh spinach roughly chopped
- 2 tablespoons fresh lime juice
- 1 tablespoon soy sauce we use lite soy sauce

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 10 grams
3. Fat: 7 grams
4. Fiber: 4 grams
5. Protein: 6 grams
6. SaturatedFat: 1 grams
7. Sodium: 920 milligrams
8. Sugar: 1 grams

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