

# Easy Soba Noodle Soup

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 2 tablespoons olive oil
- 8 ounces button mushrooms sliced
- 3 cloves garlic minced
- 1/2 tablespoon fresh ginger minced
- 1/4 cup low sodium soy sauce
- 6 cups low sodium vegetable broth
- 6 ounces soba noodles you can also use whole wheat spaghetti
- 1 bunch Swiss chard
- 1 head bok choy
- 2 small carrots shredded, for garnish, optional
- 4 scallions thinly sliced, for garnish, optional
- 4 hard boiled eggs halved
- 1 tablespoon toasted sesame seeds for garnish, optional

## Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 210 milligrams
4. Fat: 14 grams
5. Fiber: 8 grams
6. Protein: 22 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1480 milligrams
9. Sugar: 9 grams

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