

Japanese Soba Noodle Soup with Tofu and Greens

Yield: 6 min
Total Time: 25 min

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

Ingredients:

- 8 ounces noodles package soba, buckwheat
- 32 ounces vegetable broth container
- 8 shiitake mushroom caps medium-sized, sliced
- 2 tablespoons reduced sodium soy sauce
- 2 teaspoons rice vinegar
- 2 teaspoons granulated sugar natural
- 3 teaspoons fresh ginger minced, to taste
- 3 scallions thinly sliced
- 8 ounces firm tofu or soft
- 10 ounces fresh spinach well washed, stemmed, and chopped
- 1 cup baby bok choy chopped, tatsoi, or mizuna, optional
- freshly ground pepper to taste

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 30 milligrams
4. Fat: 5 grams
5. Fiber: 4 grams
6. Protein: 14 grams
7. SaturatedFat: 1 grams
8. Sodium: 840 milligrams
9. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy Japanese Soba Noodle Soup with Tofu and Greens above. You can see more 16 traditional japanese soba noodle soup recipe Discover culinary perfection!

to get more great cooking ideas.