Miso Soup with Local Veggies and Rice Noodles*  
Makes ten 1-cup servings

Ingredients:
● 1 Tbsp ginger washed, peeled and minced  
● 1 Tbsp fresh garlic washed, peeled and minced  
● 3 Tbsp miso paste  
● 8 cups of low sodium chicken stock or homemade stock if you have it  
● 3 Tbsp soy sauce  
● 2 sheets of nori paper  
● 1 small onion peeled and diced  
● 2 Tbsp sesame oil  
● 1 package of rice noodles  
● 2 cups of fresh veggies (you can use bok choy, red cabbage, whatever you like)  
● Optional: serve with rice noodles

Directions:
● In a large pot, turn heat to medium and add sesame oil.  
● Add onion, ginger, garlic and cook until translucent.  
● Add veggies of your choice and continue to sauté for approx. 5 minutes until veggies are tender.  
● Make sure heat is on medium/low and add stock, miso paste and soy sauce.  
● Tear seaweed and add to pot.  
● Add the noodles and continue to cook approx 5-6 minutes until noodles are tender.  
● Serve immediately. Ladle into bowls.  
● Soup can be garnished with fresh cilantro, jalapeños, or even a fried egg.

*Courtesy of Chef Emery Chapman