
Healthy Chickpea Miso Noodle Soup

Total time: 20 min Yield: 4 servings

Ingredients

1 Tbsp extra virgin olive oil
1 medium sweet onion (diced)
2 tsp garlic granules
5 cup vegetable or low sodium chicken broth
14 oz chickpeas (canned, with liquid)
2 cup kale (chopped)
2 Tbsp shiso miso
2 cup cooked pasta (any shape)
1/2 fresh lemon

Prep Time: 5 min Cooking Time: 15 min Total Time: 20 min

Instructions

Heat the oil in a medium soup pot; add the onion and cook until translucent, for about 4 minutes.

Add the garlic, broth and can of chickpeas with liquid. The liquid helps to add thickness to the broth. Bring to a simmer; add the kale and cook for 3 to 4 minutes, then reduce the heat to low.

Use a little broth to loosen up the miso paste, then add the miso and pasta to the soup and finish with a big squeeze of fresh lemon juice.

Recipe brought to you by:

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