

Prep time: 25 mins

Cook time: 15 mins

Servings: 6

Ingredients:

- 1-1/2 lbs firm tofu, cubed
- 1 roasted onion* cut in half and thinly sliced
- 4 oz shiitake mushrooms, stemmed and thinly sliced
- 6 carrots, peeled & cut into julienne strips
- 3 heads baby bok choy, sliced lengthwise down the middle, or 1/2 small head regular bok choy, diced
- 8 cups vegetable stock or mushroom broth
- 1/2 cup low-sodium tamari
- 3 Tbsp mirin (Japanese seasoning wine) or 1 Tbsp sugar
- 8 oz fresh spinach, stemmed, washed, and chopped
- 8 oz dried clear rice vermicelli or soba noodles
- 5 green onions, split lengthwise and thinly sliced on the diagonal

Steps:

1. Place tofu, onions, mushrooms, carrots, bok choy, broth or stock, tamari, and mirin in a soup pot. Bring to a boil and reduce heat to a gentle simmer. Cook for 10 minutes.
2. Remove pot from heat and stir in spinach. Let steep for 3 minutes.
3. Meanwhile, while soup is cooking, cook rice vermicelli or soba noodles according to package directions. Drain.
4. Place the warm vermicelli or noodles in soup bowls and ladle hot broth and vegetables on top. Sprinkle with sliced green onions.

*To make roasted onions, place unpeeled onions in a baking dish and bake in a 350° oven until soft: about 45 minutes for medium onions, 50-60 minutes for large. When cool, wrap tightly in plastic wrap. They will keep for up to 1 week in the refrigerator. Roasted onions give body and depth to the broth. If you don't have time to prepare them, cook sliced raw onions in a lightly oiled skillet over medium heat for 1 minute.