Miso Quinoa Broth Bowls
Yield: 4 Servings

Soup Ingredients:
- 2 tablespoons sesame oil
- 5 garlic cloves, minced
- 2 tablespoons fresh ginger, minced
- 8 cups water
- 4 tablespoons white miso paste
- 1 ½ tablespoons low-sodium soy sauce
- ½ bunch scallions, thinly sliced
- 1 bunch kale, stems and leaves chopped and separated
- 4 oz white mushrooms, sliced
- 2 cups cooked quinoa
- 4 soft-boiled eggs (recipe below)

Marinated Green Onions:
- ½ bunch green onions, sliced
- 1 tablespoon low-sodium soy sauce
- 2 tablespoons chili garlic sauce
- 1 teaspoon red pepper chili flakes
- 1 teaspoon sesame seeds

Optional Toppings:
- Shredded carrots
- Dried seaweed
- Sriracha
- Sesame seeds

Directions:
1. In a small bowl, combine the ingredients for the marinated green onions. Set aside.
2. Heat oil in a large soup pot. Add the garlic and ginger and stir and sauté until fragrant, ~30 seconds. Add in the vegetable broth, miso paste, soy sauce, scallions, kale stems, and mushrooms. Bring to a simmer.
3. In four bowls, add ½ cup cooked quinoa. Spoon 2 cups broth into each bowl. Top with marinated green onions, kale leaves, and soft-boiled eggs. Top with any other desired toppings.

Nutrition Facts

<table>
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<th>Serving Size</th>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>326.1</th>
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<tr>
<td>Total Fat</td>
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* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a day's diet. 2000 calories a day is used for general nutrition advice.
**Cooked Quinoa**

*Yield: 3 Cups Cooked*

**Ingredients:**
- 1 cup dry quinoa
- 1 ¾ cups water
- Salt, to taste

**Directions:**
1. Rinse the quinoa by placing it in a strainer that fits inside of a bowl and rinse a few times until the water in the bowl is clear. Drain.
2. Add water and quinoa to a large pot with a lid. Bring to a boil. Cover, reduce, the heat, and simmer for 15 minutes. Remove from the heat and let sit, covered, for 10 minutes. Fluff with a fork.

**Soft-Boiled Eggs**

**Directions:**
1. Fill a medium pot with water and heat to a gentle simmer, just below boiling. Using a slotted spoon, carefully lower the eggs into the water and let simmer for 7 minutes.
2. Remove and chill immediately in a bowl of ice water for 3 minutes.
3. Once the eggs are cool, tap the bottom of each egg to crack a little bit of the shell.
4. Take a small spoon and carefully slide it in and around the egg to loosen and remove it from the shell.